

Percentiles and Standard Errors of Usual Intake from Food and Beverages 2007-2010

Page	Nutrient (unit of measure/day)
1	Energy (kcal/day)
2	Protein (g/day)
3	Protein (g/day/kg body weight)
4	Carbohydrate (g/day)
5	Total sugars (g/day)
6	Dietary fiber (g/day)
7	Total fat (g/day)
8	Saturated fat (g/day)
9	Monounsaturated fat (g/day)
10	Polyunsaturated fat (g/day)
11	PFA 18:2 (g/day)
12	PFA 18:3 (g/day)
13	Cholesterol (mg/day)
14	Moisture (g/day)
15	Vitamin A (μ g RAE/day)
16	Alpha-carotene (μ g/day)
17	Beta-carotene (μ g/day)
18	Beta-cryptoxanthin (μ g/day)
19	Lycopene (μ g/day)
20	Lutein + zeaxanthin (μ g/day)
21	Thiamin (mg/day)
22	Riboflavin (mg/day)
23	Niacin (mg/day)
24	Vitamin B6 (mg/day)
25	Folate (μ g DFE/day)
26	Food folate (μ g/day)
27	Choline (mg/day)
28	Vitamin B12 (μ g/day)
29	Vitamin C (mg/day) - all individuals
30	Vitamin C (mg/day) - smokers
31	Vitamin C (mg/day) - non-smokers
32	Vitamin C (mg/day) - adults, smokers and non-smokers
33	Vitamin D (μ g/day)
34	Vitamin E as alpha-tocopherol (mg/day)
35	Vitamin K (μ g/day)
36	Calcium (mg/day)
37	Phosphorus (mg/day)
38	Magnesium (mg/day)
39	Iron (mg/day)
40	Zinc (mg/day)
41	Copper (mg/day)
42	Selenium (μ g/day)
43	Sodium (mg/day)
44	Potassium (mg/day)
45	Caffeine (mg/day)
46	Sodium (mg/1000 kcal/day)
47	Cholesterol (mg/1000 kcal/day)

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

Energy (kcal/day)

Energy (kcal/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	931 (43.2)	1026 (37.0)	1202 (27.8)	1408 (26.1)	1629 (31.3)	1844 (41.8)	1975 (50.7)
Males: 4-8	1255 (29.4)	1352 (26.0)	1528 (21.0)	1742 (22.9)	1978 (33.6)	2211 (50.1)	2359 (62.6)
Males: 9-13	1479 (47.5)	1604 (40.7)	1831 (31.9)	2103 (33.9)	2397 (52.9)	2682 (80.5)	2864 (101.5)
Males: 14-18	1719 (88.6)	1867 (79.5)	2145 (61.3)	2481 (56.5)	2860 (83.0)	3243 (134.1)	3483 (169.3)
Males: 19-30	1621 (64.6)	1822 (59.9)	2187 (53.6)	2640 (52.7)	3144 (63.5)	3637 (82.9)	3948 (97.5)
Males: 31-50	1649 (30.7)	1847 (28.1)	2208 (28.6)	2651 (36.6)	3146 (53.3)	3639 (75.1)	3944 (90.8)
Males: 19-50	1634 (32.6)	1834 (29.4)	2202 (28.5)	2650 (33.9)	3142 (45.0)	3626 (58.0)	3943 (66.5)
Males: 51-70	1413 (41.4)	1584 (37.2)	1900 (30.7)	2291 (29.5)	2726 (46.2)	3166 (76.0)	3437 (98.3)
Males: 71 and over	1228 (38.5)	1347 (37.1)	1569 (35.4)	1836 (37.6)	2130 (43.0)	2420 (51.7)	2602 (57.6)
Males: 50 and over	1328 (30.8)	1494 (28.8)	1801 (25.7)	2181 (27.0)	2599 (40.0)	3015 (61.7)	3281 (79.9)
Males: 19 and over	1478 (19.5)	1674 (19.1)	2027 (19.4)	2468 (24.2)	2955 (32.8)	3434 (45.1)	3739 (53.7)
Females: 1-3	899 (29.4)	981 (27.6)	1140 (25.0)	1332 (26.5)	1548 (33.7)	1770 (47.1)	1911 (56.8)
Females: 4-8	1165 (36.4)	1262 (31.9)	1443 (25.0)	1667 (21.8)	1915 (32.5)	2164 (53.9)	2317 (69.8)
Females: 9-13	1261 (50.8)	1373 (43.3)	1584 (33.5)	1839 (31.7)	2113 (43.6)	2385 (65.0)	2551 (79.7)
Females: 14-18	1253 (99.8)	1362 (88.0)	1565 (66.5)	1805 (47.9)	2059 (55.4)	2311 (88.1)	2473 (113.3)
Females: 19-30	1206 (49.8)	1329 (42.8)	1554 (32.4)	1830 (28.5)	2137 (42.4)	2443 (65.5)	2631 (81.5)
Females: 31-50	1129 (47.9)	1264 (44.5)	1510 (37.3)	1809 (29.3)	2140 (29.3)	2469 (40.0)	2668 (50.3)
Females: 19-50	1153 (37.9)	1284 (33.3)	1526 (26.6)	1816 (20.4)	2138 (22.1)	2455 (32.9)	2654 (41.7)
Females: 51-70	1111 (34.3)	1223 (30.7)	1432 (24.4)	1688 (21.0)	1971 (27.9)	2259 (42.5)	2440 (52.2)
Females: 71 and over	941 (29.9)	1046 (26.0)	1240 (21.4)	1476 (22.8)	1735 (33.3)	1991 (48.3)	2152 (60.3)
Females: 50 and over	1044 (22.5)	1157 (19.8)	1366 (15.3)	1624 (15.2)	1907 (22.8)	2193 (34.3)	2376 (42.5)
Females: 19 and over	1100 (25.9)	1227 (23.1)	1453 (18.3)	1734 (14.1)	2045 (17.0)	2352 (25.6)	2551 (33.4)
All individuals 1 and over	1161 (16.4)	1313 (15.0)	1605 (12.8)	1992 (13.1)	2452 (19.5)	2919 (30.8)	3213 (38.4)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Protein (g/day)

Protein (g/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	31.1 (2.27)	35.1 (2.05)	42.5 (1.63)	51.5 (1.39)	61.2 (1.50)	70.8 (2.07)	76.8 (2.56)
Males: 4-8	41.0 (1.07)	44.6 (0.98)	51.2 (0.81)	59.3 (0.85)	68.4 (1.26)	77.6 (1.97)	83.4 (2.55)
Males: 9-13	60.3 (5.68)	63.6 (4.56)	69.7 (2.68)	76.8 (1.68)	84.3 (3.67)	91.4 (6.31)	95.9 (8.09)
Males: 14-18	60.2 (4.34)	66.6 (3.83)	78.7 (2.81)	93.3 (2.39)	109.6 (3.75)	126.0 (6.25)	136.2 (7.96)
Males: 19-30	65.9 (2.98)	73.0 (2.68)	85.8 (2.28)	101.7 (2.28)	119.2 (3.12)	136.3 (4.38)	147.0 (5.26)
Males: 31-50	67.1 (2.46)	74.5 (2.22)	87.7 (1.84)	103.8 (1.60)	121.6 (1.98)	139.1 (2.77)	149.9 (3.40)
Males: 19-50	66.3 (2.10)	73.7 (1.93)	87.0 (1.69)	103.1 (1.53)	120.6 (1.72)	137.7 (2.24)	148.8 (2.70)
Males: 51-70	55.7 (1.42)	62.6 (1.33)	75.5 (1.27)	91.5 (1.42)	109.4 (2.02)	127.7 (3.04)	139.0 (3.77)
Males: 71 and over	47.7 (1.73)	52.4 (1.69)	61.2 (1.64)	71.9 (1.74)	84.0 (2.06)	96.0 (2.64)	103.8 (3.07)
Males: 50 and over	51.7 (1.29)	58.4 (1.23)	71.0 (1.17)	86.7 (1.25)	104.1 (1.70)	121.4 (2.45)	132.6 (3.08)
Males: 19 and over	59.2 (1.22)	66.7 (1.18)	80.2 (1.09)	96.8 (1.03)	115.1 (1.08)	132.9 (1.31)	144.3 (1.53)
Females: 1-3	31.9 (1.44)	35.2 (1.33)	41.6 (1.16)	49.6 (1.17)	58.7 (1.45)	68.3 (2.06)	74.4 (2.47)
Females: 4-8	37.2 (1.58)	41.1 (1.37)	48.5 (1.15)	57.5 (1.15)	67.5 (1.60)	77.4 (2.31)	83.5 (2.82)
Females: 9-13	46.1 (2.20)	49.5 (1.92)	56.0 (1.47)	63.8 (1.30)	71.9 (1.84)	79.9 (2.81)	84.7 (3.49)
Females: 14-18	41.9 (4.01)	46.0 (3.62)	53.7 (2.77)	63.0 (1.85)	73.0 (1.67)	83.0 (2.79)	89.5 (3.79)
Females: 19-30	45.3 (2.31)	49.7 (2.00)	57.7 (1.52)	67.5 (1.13)	78.1 (1.32)	88.5 (1.99)	94.8 (2.49)
Females: 31-50	43.6 (2.30)	48.7 (2.04)	57.8 (1.52)	68.8 (1.05)	80.9 (1.33)	92.8 (2.27)	100.1 (2.98)
Females: 19-50	44.1 (1.69)	49.0 (1.47)	57.8 (1.05)	68.3 (0.73)	79.9 (1.03)	91.2 (1.79)	98.3 (2.31)
Females: 51-70	42.5 (1.65)	46.9 (1.52)	55.2 (1.25)	65.4 (1.12)	76.5 (1.54)	87.8 (2.35)	94.8 (2.94)
Females: 71 and over	35.3 (1.47)	39.6 (1.29)	47.4 (1.05)	57.0 (1.04)	67.7 (1.52)	78.3 (2.24)	85.0 (2.82)
Females: 50 and over	39.6 (1.31)	44.1 (1.20)	52.5 (0.94)	62.8 (0.80)	74.2 (1.09)	85.5 (1.76)	92.9 (2.24)
Females: 19 and over	42.0 (1.32)	46.8 (1.16)	55.4 (0.86)	66.0 (0.64)	77.6 (0.92)	89.0 (1.54)	96.4 (2.01)
All individuals 1 and over	43.2 (0.79)	49.0 (0.74)	60.2 (0.65)	75.4 (0.63)	93.7 (0.78)	112.1 (1.09)	123.4 (1.34)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

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Protein (g/day/kg body weight)

Protein (g/day/kg body weight): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	2.59 (0.189)	2.92 (0.171)	3.54 (0.136)	4.29 (0.116)	5.10 (0.125)	5.90 (0.172)	6.40 (0.213)
Males: 4-8	1.65 (0.055)	1.83 (0.052)	2.18 (0.047)	2.63 (0.054)	3.14 (0.080)	3.68 (0.124)	4.03 (0.165)
Males: 9-13	1.20 (0.059)	1.33 (0.052)	1.56 (0.045)	1.84 (0.049)	2.15 (0.067)	2.46 (0.093)	2.66 (0.113)
Males: 14-18	0.81 (0.065)	0.92 (0.059)	1.13 (0.047)	1.41 (0.039)	1.73 (0.057)	2.06 (0.099)	2.28 (0.129)
Males: 19-30	0.89 (0.040)	0.99 (0.036)	1.17 (0.030)	1.39 (0.029)	1.64 (0.039)	1.88 (0.057)	2.03 (0.070)
Males: 31-50	0.86 (0.032)	0.96 (0.029)	1.14 (0.024)	1.36 (0.020)	1.61 (0.026)	1.85 (0.037)	2.01 (0.046)
Males: 19-50	0.87 (0.029)	0.97 (0.026)	1.15 (0.022)	1.37 (0.019)	1.62 (0.021)	1.86 (0.029)	2.02 (0.037)
Males: 51-70	0.74 (0.020)	0.83 (0.018)	1.00 (0.017)	1.21 (0.018)	1.44 (0.027)	1.69 (0.042)	1.84 (0.053)
Males: 71 and over	0.67 (0.025)	0.73 (0.024)	0.85 (0.022)	0.99 (0.022)	1.15 (0.028)	1.32 (0.038)	1.42 (0.047)
Males: 50 and over	0.70 (0.019)	0.79 (0.017)	0.95 (0.016)	1.16 (0.016)	1.38 (0.022)	1.61 (0.033)	1.76 (0.042)
Males: 19 and over	0.79 (0.018)	0.89 (0.017)	1.07 (0.014)	1.29 (0.013)	1.54 (0.014)	1.78 (0.018)	1.94 (0.023)
Females: 1-3	2.66 (0.120)	2.93 (0.111)	3.47 (0.097)	4.13 (0.097)	4.89 (0.121)	5.69 (0.171)	6.20 (0.206)
Females: 4-8	1.55 (0.075)	1.74 (0.064)	2.10 (0.052)	2.54 (0.056)	3.04 (0.084)	3.55 (0.121)	3.86 (0.146)
Females: 9-13	0.89 (0.047)	1.01 (0.044)	1.24 (0.038)	1.53 (0.035)	1.85 (0.044)	2.18 (0.065)	2.39 (0.080)
Females: 14-18	0.66 (0.061)	0.74 (0.056)	0.90 (0.045)	1.09 (0.034)	1.30 (0.036)	1.51 (0.057)	1.65 (0.075)
Females: 19-30	0.69 (0.034)	0.77 (0.028)	0.92 (0.020)	1.09 (0.017)	1.29 (0.027)	1.49 (0.043)	1.61 (0.055)
Females: 31-50	0.67 (0.033)	0.76 (0.030)	0.91 (0.023)	1.09 (0.017)	1.29 (0.020)	1.49 (0.032)	1.61 (0.042)
Females: 19-50	0.68 (0.025)	0.76 (0.021)	0.91 (0.016)	1.09 (0.013)	1.29 (0.018)	1.49 (0.030)	1.61 (0.038)
Females: 51-70	0.66 (0.025)	0.73 (0.024)	0.87 (0.020)	1.04 (0.018)	1.22 (0.026)	1.42 (0.040)	1.54 (0.051)
Females: 71 and over	0.57 (0.022)	0.65 (0.020)	0.78 (0.017)	0.96 (0.018)	1.15 (0.027)	1.35 (0.039)	1.47 (0.048)
Females: 50 and over	0.63 (0.021)	0.70 (0.019)	0.84 (0.015)	1.01 (0.013)	1.20 (0.017)	1.40 (0.028)	1.52 (0.036)
Females: 19 and over	0.66 (0.020)	0.73 (0.018)	0.88 (0.013)	1.06 (0.010)	1.26 (0.015)	1.45 (0.025)	1.58 (0.032)
All individuals 1 and over	0.71 (0.014)	0.81 (0.013)	0.99 (0.011)	1.26 (0.009)	1.62 (0.013)	2.35 (0.026)	3.24 (0.040)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

Body weights outside of normal range are set to the normal weight boundary fitting their height and age/sex for those under 19 and Body Mass Index cutoffs for those 19 and over.

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Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

Carbohydrate (g/day)

Carbohydrate (g/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	121 (4.2)	135 (3.8)	161 (3.3)	191 (3.7)	225 (4.6)	258 (5.9)	278 (7.0)
Males: 4-8	168 (4.1)	182 (3.7)	208 (3.4)	239 (3.7)	273 (4.8)	306 (6.6)	328 (8.0)
Males: 9-13	187 (7.6)	206 (6.5)	240 (5.0)	281 (4.9)	326 (7.4)	368 (11.2)	395 (14.1)
Males: 14-18	214 (9.9)	235 (9.0)	275 (7.5)	323 (7.7)	378 (10.8)	434 (16.5)	469 (20.2)
Males: 19-30	186 (7.4)	213 (7.1)	262 (7.0)	324 (7.4)	394 (8.8)	465 (11.1)	510 (12.8)
Males: 31-50	174 (4.4)	200 (3.9)	248 (3.4)	307 (3.9)	375 (6.1)	444 (9.1)	487 (11.4)
Males: 19-50	178 (3.2)	205 (3.0)	253 (3.1)	314 (4.0)	382 (5.4)	450 (7.1)	495 (8.4)
Males: 51-70	153 (6.3)	174 (5.6)	213 (4.3)	261 (3.8)	317 (6.1)	373 (10.3)	408 (13.3)
Males: 71 and over	142 (4.1)	158 (3.8)	188 (3.5)	224 (3.6)	265 (4.4)	305 (5.6)	331 (6.5)
Males: 50 and over	148 (4.8)	168 (4.2)	206 (3.3)	253 (3.1)	305 (5.1)	358 (8.3)	392 (10.9)
Males: 19 and over	163 (2.4)	187 (2.1)	232 (2.0)	290 (2.7)	355 (4.2)	420 (6.0)	462 (7.3)
Females: 1-3	113 (5.5)	125 (5.1)	148 (4.5)	177 (4.0)	209 (4.4)	244 (6.2)	265 (7.7)
Females: 4-8	155 (5.0)	169 (4.4)	195 (3.5)	228 (3.2)	263 (4.9)	298 (8.1)	320 (10.3)
Females: 9-13	166 (9.5)	182 (8.1)	212 (6.0)	249 (4.9)	289 (6.9)	329 (11.3)	353 (14.3)
Females: 14-18	159 (15.4)	175 (13.6)	205 (10.4)	240 (7.2)	277 (7.4)	314 (11.6)	337 (15.1)
Females: 19-30	145 (4.6)	162 (4.0)	193 (3.1)	232 (3.4)	277 (5.9)	322 (9.5)	351 (12.1)
Females: 31-50	131 (5.4)	149 (5.0)	183 (4.2)	225 (3.3)	272 (3.0)	320 (3.8)	349 (4.7)
Females: 19-50	135 (4.3)	153 (3.9)	186 (3.0)	227 (2.4)	274 (3.0)	320 (4.7)	350 (6.0)
Females: 51-70	124 (4.0)	140 (3.6)	169 (2.9)	206 (2.5)	246 (3.5)	287 (5.8)	313 (7.4)
Females: 71 and over	115 (3.4)	129 (3.0)	155 (2.5)	188 (3.0)	225 (4.6)	261 (6.9)	285 (8.6)
Females: 50 and over	121 (2.6)	136 (2.4)	165 (1.9)	200 (1.9)	240 (3.1)	280 (4.9)	306 (6.4)
Females: 19 and over	128 (2.7)	145 (2.4)	176 (1.9)	216 (1.6)	260 (2.1)	305 (3.5)	334 (4.6)
All individuals 1 and over	140 (1.9)	160 (1.7)	198 (1.4)	248 (1.3)	306 (2.1)	365 (3.6)	403 (4.6)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

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Total sugars (g/day)

Total sugars (g/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	62 (3.0)	70 (2.7)	85 (2.4)	104 (2.4)	125 (3.0)	147 (4.1)	160 (5.0)
Males: 4-8	78 (2.9)	86 (2.7)	101 (2.4)	120 (2.4)	141 (3.1)	162 (4.3)	175 (5.4)
Males: 9-13	85 (4.8)	95 (4.3)	113 (3.2)	135 (2.6)	160 (3.7)	183 (6.0)	198 (7.7)
Males: 14-18	86 (5.5)	99 (5.1)	124 (4.1)	156 (4.2)	192 (6.2)	230 (10.0)	254 (12.6)
Males: 19-30	63 (5.1)	77 (5.1)	105 (4.9)	143 (4.9)	189 (5.5)	238 (7.4)	271 (9.1)
Males: 31-50	51 (1.6)	65 (1.6)	92 (1.8)	130 (2.6)	178 (4.3)	229 (6.7)	263 (8.5)
Males: 19-50	55 (1.7)	69 (1.8)	97 (2.2)	135 (2.9)	182 (4.0)	232 (5.4)	266 (6.6)
Males: 51-70	45 (3.1)	56 (3.1)	78 (3.0)	109 (3.1)	147 (4.6)	190 (7.5)	218 (9.9)
Males: 71 and over	49 (1.9)	57 (1.9)	75 (2.0)	98 (2.3)	124 (3.1)	151 (4.2)	169 (5.1)
Males: 50 and over	45 (2.5)	56 (2.5)	77 (2.3)	106 (2.4)	142 (3.5)	181 (5.8)	207 (7.7)
Males: 19 and over	51 (1.5)	63 (1.6)	88 (1.7)	124 (2.2)	167 (3.2)	215 (4.7)	246 (5.9)
Females: 1-3	59 (2.9)	66 (2.8)	80 (2.5)	97 (2.2)	117 (2.3)	138 (3.5)	152 (4.5)
Females: 4-8	68 (3.6)	77 (3.2)	93 (2.6)	113 (2.0)	136 (2.3)	159 (3.9)	173 (5.2)
Females: 9-13	72 (5.2)	81 (4.5)	97 (3.3)	118 (2.7)	141 (4.5)	164 (8.0)	179 (10.5)
Females: 14-18	72 (9.5)	80 (8.4)	96 (6.5)	114 (4.6)	134 (4.8)	153 (7.6)	166 (10.0)
Females: 19-30	50 (2.7)	60 (2.6)	80 (2.3)	106 (2.4)	139 (4.1)	173 (7.1)	195 (9.4)
Females: 31-50	46 (1.9)	56 (1.9)	76 (1.8)	102 (1.7)	134 (2.3)	167 (3.4)	189 (4.3)
Females: 19-50	47 (1.4)	57 (1.3)	77 (1.2)	104 (1.4)	135 (2.5)	169 (4.1)	191 (5.3)
Females: 51-70	45 (2.0)	54 (2.0)	70 (1.8)	92 (1.7)	118 (2.1)	145 (3.5)	163 (4.6)
Females: 71 and over	42 (2.0)	49 (1.9)	64 (1.6)	83 (1.5)	106 (2.3)	129 (3.7)	144 (4.9)
Females: 50 and over	44 (1.1)	52 (1.2)	68 (1.0)	89 (1.1)	114 (1.8)	141 (2.9)	158 (3.9)
Females: 19 and over	46 (1.1)	55 (1.0)	73 (0.8)	97 (0.9)	127 (1.5)	157 (2.5)	178 (3.3)
All individuals 1 and over	51 (0.9)	62 (0.9)	83 (0.8)	112 (1.0)	147 (1.6)	185 (2.5)	210 (3.3)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Dietary fiber (g/day)

Dietary fiber (g/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	4.9 (0.25)	5.8 (0.24)	7.6 (0.23)	9.9 (0.25)	12.5 (0.34)	15.3 (0.51)	17.0 (0.65)
Males: 4-8	7.6 (0.47)	8.5 (0.43)	10.3 (0.34)	12.6 (0.28)	15.1 (0.33)	17.7 (0.45)	19.3 (0.57)
Males: 9-13	8.0 (0.37)	9.1 (0.33)	11.3 (0.29)	14.1 (0.36)	17.2 (0.61)	20.5 (0.93)	22.7 (1.19)
Males: 14-18	9.2 (0.75)	10.3 (0.69)	12.4 (0.58)	15.0 (0.52)	18.1 (0.65)	21.3 (0.98)	23.3 (1.23)
Males: 19-30	8.2 (0.45)	9.8 (0.41)	12.8 (0.37)	16.7 (0.47)	21.3 (0.78)	26.0 (1.19)	29.0 (1.48)
Males: 31-50	8.5 (0.47)	10.2 (0.45)	13.5 (0.42)	18.0 (0.48)	23.4 (0.75)	29.2 (1.18)	32.9 (1.51)
Males: 19-50	8.3 (0.34)	10.0 (0.33)	13.2 (0.33)	17.5 (0.40)	22.6 (0.62)	27.9 (0.93)	31.5 (1.19)
Males: 51-70	8.9 (0.34)	10.5 (0.35)	13.5 (0.38)	17.5 (0.45)	22.2 (0.62)	27.1 (0.88)	30.3 (1.09)
Males: 71 and over	7.9 (0.29)	9.4 (0.29)	12.3 (0.30)	16.1 (0.38)	20.7 (0.54)	25.6 (0.80)	28.9 (0.97)
Males: 50 and over	8.6 (0.25)	10.2 (0.26)	13.2 (0.29)	17.2 (0.37)	21.9 (0.53)	26.7 (0.76)	30.0 (0.95)
Males: 19 and over	8.5 (0.22)	10.1 (0.23)	13.2 (0.25)	17.4 (0.33)	22.4 (0.48)	27.5 (0.69)	31.0 (0.86)
Females: 1-3	4.6 (0.45)	5.4 (0.39)	7.1 (0.29)	9.2 (0.23)	11.6 (0.31)	14.1 (0.48)	15.7 (0.59)
Females: 4-8	7.9 (0.38)	8.7 (0.34)	10.2 (0.25)	12.0 (0.26)	14.1 (0.41)	16.2 (0.66)	17.5 (0.84)
Females: 9-13	8.4 (0.44)	9.2 (0.41)	10.9 (0.37)	13.1 (0.40)	15.6 (0.54)	18.1 (0.76)	19.7 (0.92)
Females: 14-18	6.6 (0.57)	7.6 (0.52)	9.7 (0.44)	12.2 (0.39)	15.1 (0.49)	18.2 (0.73)	20.2 (0.92)
Females: 19-30	6.4 (0.80)	7.6 (0.72)	9.9 (0.57)	12.8 (0.41)	16.3 (0.48)	19.8 (0.78)	22.1 (1.02)
Females: 31-50	6.5 (0.48)	7.9 (0.48)	10.6 (0.46)	14.1 (0.42)	18.4 (0.43)	23.0 (0.55)	25.9 (0.67)
Females: 19-50	6.4 (0.48)	7.7 (0.46)	10.3 (0.40)	13.7 (0.34)	17.7 (0.36)	21.9 (0.50)	24.7 (0.63)
Females: 51-70	8.0 (0.29)	9.3 (0.28)	11.9 (0.27)	15.3 (0.32)	19.2 (0.49)	23.3 (0.74)	25.9 (0.93)
Females: 71 and over	7.2 (0.24)	8.4 (0.21)	10.7 (0.19)	13.9 (0.26)	17.6 (0.40)	21.4 (0.57)	24.0 (0.70)
Females: 50 and over	7.7 (0.20)	9.0 (0.19)	11.5 (0.20)	14.8 (0.26)	18.7 (0.41)	22.8 (0.61)	25.4 (0.76)
Females: 19 and over	6.9 (0.33)	8.2 (0.31)	10.8 (0.28)	14.2 (0.26)	18.2 (0.28)	22.4 (0.36)	25.1 (0.43)
All individuals 1 and over	7.1 (0.18)	8.4 (0.18)	11.2 (0.19)	14.8 (0.22)	19.2 (0.29)	23.7 (0.39)	26.7 (0.48)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

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Total fat (g/day)

Total fat (g/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	31.0 (1.92)	34.7 (1.74)	41.6 (1.43)	49.9 (1.30)	58.9 (1.48)	67.8 (1.96)	73.3 (2.36)
Males: 4-8	43.4 (1.74)	47.3 (1.56)	54.5 (1.23)	63.2 (1.08)	72.9 (1.46)	82.7 (2.25)	88.9 (2.87)
Males: 9-13	51.6 (2.75)	56.5 (2.46)	65.5 (1.94)	76.6 (1.74)	88.8 (2.35)	101.0 (3.51)	108.9 (4.44)
Males: 14-18	61.6 (4.99)	67.4 (4.41)	78.3 (3.26)	91.6 (2.69)	106.6 (4.01)	122.0 (6.59)	131.6 (8.42)
Males: 19-30	50.8 (2.98)	58.6 (2.76)	73.4 (2.38)	92.3 (2.20)	113.9 (2.89)	135.7 (4.24)	149.6 (5.35)
Males: 31-50	55.5 (1.74)	63.9 (1.68)	79.5 (1.70)	99.3 (1.96)	122.1 (2.60)	145.4 (3.50)	160.0 (4.09)
Males: 19-50	53.3 (1.81)	61.7 (1.76)	77.2 (1.66)	96.8 (1.70)	118.9 (2.03)	141.3 (2.58)	156.1 (3.12)
Males: 51-70	47.1 (1.58)	54.7 (1.52)	69.3 (1.44)	88.1 (1.41)	109.8 (2.01)	132.4 (3.26)	146.6 (4.25)
Males: 71 and over	40.6 (2.11)	45.8 (2.03)	56.0 (1.86)	68.7 (1.82)	83.2 (2.04)	98.1 (2.63)	107.7 (3.16)
Males: 50 and over	44.2 (1.36)	51.4 (1.33)	65.5 (1.23)	83.4 (1.24)	103.9 (1.72)	125.1 (2.67)	138.9 (3.54)
Males: 19 and over	49.2 (1.13)	57.3 (1.14)	72.2 (1.14)	91.5 (1.20)	113.7 (1.40)	136.1 (1.80)	150.8 (2.11)
Females: 1-3	31.0 (1.08)	34.3 (1.00)	40.6 (0.85)	48.5 (0.96)	57.5 (1.43)	66.8 (2.22)	72.8 (2.79)
Females: 4-8	41.0 (1.64)	44.9 (1.48)	52.1 (1.21)	61.0 (1.10)	70.7 (1.55)	80.5 (2.41)	86.5 (3.04)
Females: 9-13	41.9 (2.11)	46.6 (1.87)	55.8 (1.49)	67.2 (1.38)	79.9 (1.91)	92.8 (3.00)	100.7 (3.81)
Females: 14-18	45.4 (4.55)	49.6 (4.05)	57.5 (3.01)	67.1 (2.02)	77.5 (2.42)	87.9 (4.19)	94.7 (5.57)
Females: 19-30	38.1 (2.44)	43.6 (2.18)	53.8 (1.75)	66.5 (1.52)	80.9 (2.02)	95.2 (3.04)	104.1 (3.75)
Females: 31-50	37.9 (2.02)	43.4 (1.87)	53.8 (1.58)	66.8 (1.34)	81.6 (1.72)	96.6 (2.64)	105.9 (3.36)
Females: 19-50	38.0 (1.61)	43.5 (1.46)	53.9 (1.20)	66.7 (0.98)	81.3 (1.16)	95.8 (1.78)	105.2 (2.30)
Females: 51-70	38.2 (1.40)	43.1 (1.28)	52.6 (1.12)	64.8 (1.07)	78.7 (1.36)	93.5 (1.99)	102.9 (2.46)
Females: 71 and over	32.2 (1.58)	36.5 (1.40)	44.7 (1.11)	55.0 (0.99)	66.7 (1.46)	78.6 (2.30)	86.2 (3.00)
Females: 50 and over	35.7 (0.98)	40.5 (0.90)	49.9 (0.76)	61.8 (0.75)	75.4 (1.03)	89.7 (1.52)	99.1 (1.89)
Females: 19 and over	37.0 (1.15)	42.3 (1.06)	52.2 (0.88)	64.7 (0.72)	78.9 (0.82)	93.3 (1.22)	102.7 (1.59)
All individuals 1 and over	39.3 (0.68)	45.6 (0.67)	57.8 (0.63)	74.0 (0.65)	93.2 (0.86)	113.2 (1.23)	126.1 (1.50)

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Saturated fat (g/day)

Saturated fat (g/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	11.3 (0.77)	12.8 (0.72)	15.5 (0.63)	18.9 (0.60)	22.6 (0.67)	26.3 (0.85)	28.6 (1.01)
Males: 4-8	14.2 (0.61)	15.8 (0.55)	18.7 (0.44)	22.3 (0.41)	26.4 (0.59)	30.6 (0.93)	33.3 (1.18)
Males: 9-13	17.4 (0.99)	19.2 (0.90)	22.6 (0.73)	26.8 (0.71)	31.4 (1.00)	36.1 (1.52)	39.1 (1.91)
Males: 14-18	19.7 (1.64)	21.9 (1.46)	26.2 (1.10)	31.4 (0.98)	37.4 (1.52)	43.6 (2.52)	47.5 (3.22)
Males: 19-30	15.4 (0.94)	18.1 (0.92)	23.4 (0.87)	30.3 (0.86)	38.4 (1.03)	46.7 (1.40)	52.1 (1.74)
Males: 31-50	17.0 (0.63)	19.9 (0.61)	25.4 (0.61)	32.6 (0.72)	41.0 (1.01)	49.7 (1.45)	55.3 (1.75)
Males: 19-50	16.2 (0.63)	19.2 (0.63)	24.7 (0.63)	31.8 (0.67)	40.0 (0.81)	48.4 (1.04)	54.0 (1.26)
Males: 51-70	13.7 (0.53)	16.3 (0.53)	21.5 (0.54)	28.4 (0.58)	36.7 (0.84)	45.6 (1.37)	51.3 (1.79)
Males: 71 and over	12.6 (0.73)	14.3 (0.72)	17.7 (0.68)	22.0 (0.68)	27.0 (0.76)	32.2 (0.96)	35.5 (1.13)
Males: 50 and over	13.0 (0.50)	15.5 (0.50)	20.4 (0.48)	26.8 (0.50)	34.5 (0.71)	42.5 (1.10)	47.9 (1.46)
Males: 19 and over	14.8 (0.41)	17.6 (0.42)	22.8 (0.44)	29.8 (0.47)	38.1 (0.56)	46.5 (0.72)	52.2 (0.86)
Females: 1-3	11.5 (0.54)	12.8 (0.51)	15.4 (0.43)	18.6 (0.44)	22.3 (0.63)	26.2 (0.97)	28.7 (1.22)
Females: 4-8	14.3 (0.73)	15.7 (0.64)	18.3 (0.49)	21.6 (0.47)	25.2 (0.76)	28.9 (1.25)	31.1 (1.59)
Females: 9-13	14.3 (0.78)	16.0 (0.69)	19.2 (0.54)	23.3 (0.53)	27.9 (0.78)	32.6 (1.23)	35.5 (1.56)
Females: 14-18	14.6 (1.61)	16.1 (1.43)	19.0 (1.05)	22.6 (0.66)	26.4 (0.87)	30.4 (1.64)	33.0 (2.22)
Females: 19-30	12.0 (1.19)	13.9 (1.09)	17.5 (0.87)	22.1 (0.62)	27.4 (0.73)	32.8 (1.26)	36.2 (1.69)
Females: 31-50	11.5 (0.59)	13.4 (0.54)	17.1 (0.46)	21.8 (0.42)	27.3 (0.63)	33.1 (1.00)	36.7 (1.27)
Females: 19-50	11.7 (0.54)	13.6 (0.49)	17.3 (0.39)	21.9 (0.30)	27.3 (0.42)	32.9 (0.73)	36.5 (0.97)
Females: 51-70	11.3 (0.65)	13.0 (0.61)	16.4 (0.53)	20.8 (0.45)	26.0 (0.50)	31.6 (0.78)	35.2 (1.01)
Females: 71 and over	9.9 (0.54)	11.4 (0.47)	14.2 (0.38)	17.9 (0.33)	22.2 (0.51)	26.7 (0.86)	29.6 (1.14)
Females: 50 and over	10.7 (0.44)	12.4 (0.42)	15.6 (0.37)	19.9 (0.32)	24.9 (0.38)	30.3 (0.58)	33.8 (0.77)
Females: 19 and over	11.3 (0.42)	13.1 (0.39)	16.6 (0.33)	21.1 (0.27)	26.4 (0.29)	31.8 (0.46)	35.5 (0.62)
All individuals 1 and over	12.4 (0.23)	14.6 (0.23)	18.9 (0.23)	24.6 (0.25)	31.5 (0.33)	38.7 (0.46)	43.5 (0.56)

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Monounsaturated fat (g/day)

Monounsaturated fat (g/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	10.3 (0.60)	11.7 (0.55)	14.3 (0.47)	17.5 (0.47)	21.0 (0.57)	24.6 (0.78)	26.8 (0.93)
Males: 4-8	15.9 (0.66)	17.3 (0.59)	19.8 (0.48)	22.9 (0.44)	26.4 (0.57)	29.9 (0.85)	32.1 (1.06)
Males: 9-13	19.0 (1.24)	20.7 (1.08)	23.9 (0.79)	27.8 (0.61)	32.1 (0.88)	36.3 (1.41)	39.1 (1.83)
Males: 14-18	22.3 (1.97)	24.5 (1.72)	28.5 (1.24)	33.5 (1.02)	39.2 (1.63)	45.0 (2.74)	48.6 (3.52)
Males: 19-30	18.3 (1.17)	21.2 (1.09)	26.6 (0.94)	33.6 (0.86)	41.6 (1.09)	49.6 (1.58)	54.8 (1.98)
Males: 31-50	20.6 (0.67)	23.7 (0.65)	29.6 (0.64)	37.0 (0.74)	45.5 (1.01)	54.3 (1.39)	59.8 (1.66)
Males: 19-50	19.6 (0.71)	22.6 (0.68)	28.4 (0.62)	35.7 (0.63)	44.0 (0.78)	52.4 (1.04)	58.0 (1.29)
Males: 51-70	17.5 (0.67)	20.3 (0.65)	25.7 (0.59)	32.6 (0.52)	40.7 (0.74)	49.1 (1.25)	54.4 (1.66)
Males: 71 and over	14.4 (0.68)	16.4 (0.66)	20.4 (0.63)	25.5 (0.67)	31.4 (0.79)	37.6 (1.03)	41.7 (1.24)
Males: 50 and over	16.3 (0.56)	19.0 (0.55)	24.2 (0.49)	30.9 (0.46)	38.6 (0.64)	46.6 (1.05)	51.9 (1.42)
Males: 19 and over	18.1 (0.45)	21.1 (0.44)	26.6 (0.43)	33.8 (0.43)	42.2 (0.51)	50.6 (0.68)	56.1 (0.82)
Females: 1-3	10.5 (0.45)	11.7 (0.42)	14.0 (0.36)	16.8 (0.33)	20.2 (0.44)	23.7 (0.68)	25.9 (0.88)
Females: 4-8	14.2 (0.65)	15.7 (0.60)	18.4 (0.50)	21.9 (0.44)	25.7 (0.57)	29.5 (0.88)	31.9 (1.11)
Females: 9-13	14.9 (0.77)	16.7 (0.67)	20.0 (0.52)	24.2 (0.49)	28.9 (0.76)	33.7 (1.25)	36.6 (1.59)
Females: 14-18	16.0 (1.46)	17.5 (1.32)	20.5 (1.05)	24.2 (0.85)	28.1 (1.09)	32.2 (1.69)	34.8 (2.17)
Females: 19-30	13.2 (0.87)	15.2 (0.80)	19.0 (0.67)	23.8 (0.59)	29.2 (0.70)	34.7 (0.97)	38.1 (1.16)
Females: 31-50	13.2 (0.74)	15.3 (0.68)	19.2 (0.59)	24.1 (0.53)	29.7 (0.69)	35.5 (1.02)	39.1 (1.29)
Females: 19-50	13.2 (0.59)	15.3 (0.54)	19.2 (0.46)	24.0 (0.39)	29.5 (0.46)	35.1 (0.68)	38.8 (0.88)
Females: 51-70	13.6 (0.52)	15.4 (0.49)	18.9 (0.44)	23.4 (0.43)	28.5 (0.57)	33.9 (0.85)	37.3 (1.05)
Females: 71 and over	11.6 (0.62)	13.2 (0.54)	16.0 (0.43)	19.7 (0.39)	23.8 (0.57)	28.0 (0.90)	30.7 (1.17)
Females: 50 and over	12.7 (0.37)	14.5 (0.35)	17.9 (0.30)	22.2 (0.31)	27.2 (0.42)	32.4 (0.64)	35.8 (0.79)
Females: 19 and over	13.0 (0.43)	15.0 (0.40)	18.6 (0.33)	23.2 (0.27)	28.6 (0.32)	34.0 (0.48)	37.6 (0.63)
All individuals 1 and over	13.9 (0.26)	16.3 (0.25)	20.8 (0.24)	26.9 (0.24)	34.2 (0.33)	41.8 (0.47)	46.7 (0.58)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Polyunsaturated fat (g/day)

Polyunsaturated fat (g/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	5.0 (0.27)	5.7 (0.25)	7.1 (0.23)	9.0 (0.23)	11.1 (0.31)	13.3 (0.48)	14.8 (0.63)
Males: 4-8	8.5 (0.59)	9.3 (0.50)	10.7 (0.32)	12.5 (0.22)	14.6 (0.50)	16.6 (0.94)	17.9 (1.26)
Males: 9-13	9.3 (0.60)	10.5 (0.55)	12.6 (0.48)	15.3 (0.54)	18.4 (0.81)	21.5 (1.20)	23.7 (1.51)
Males: 14-18	12.6 (1.25)	13.7 (1.12)	15.9 (0.86)	18.5 (0.65)	21.5 (0.83)	24.6 (1.35)	26.6 (1.76)
Males: 19-30	11.3 (0.86)	12.9 (0.77)	16.0 (0.61)	19.9 (0.52)	24.5 (0.79)	29.1 (1.30)	32.1 (1.69)
Males: 31-50	11.5 (0.49)	13.2 (0.46)	16.4 (0.42)	20.6 (0.44)	25.6 (0.61)	30.8 (0.92)	34.2 (1.14)
Males: 19-50	11.4 (0.53)	13.1 (0.49)	16.3 (0.42)	20.4 (0.38)	25.1 (0.48)	30.0 (0.71)	33.3 (0.93)
Males: 51-70	10.6 (0.44)	12.1 (0.41)	15.1 (0.34)	19.0 (0.33)	23.6 (0.52)	28.4 (0.86)	31.5 (1.11)
Males: 71 and over	8.1 (0.53)	9.3 (0.51)	11.7 (0.45)	14.8 (0.41)	18.6 (0.49)	22.6 (0.75)	25.3 (0.97)
Males: 50 and over	9.7 (0.33)	11.2 (0.30)	14.2 (0.26)	18.0 (0.26)	22.5 (0.42)	27.2 (0.69)	30.3 (0.92)
Males: 19 and over	10.7 (0.33)	12.3 (0.31)	15.4 (0.29)	19.5 (0.28)	24.2 (0.37)	29.1 (0.56)	32.4 (0.70)
Females: 1-3	4.9 (0.28)	5.6 (0.26)	7.0 (0.23)	8.7 (0.25)	10.8 (0.39)	13.1 (0.63)	14.6 (0.82)
Females: 4-8	7.8 (0.32)	8.7 (0.30)	10.3 (0.26)	12.3 (0.29)	14.6 (0.41)	16.8 (0.61)	18.3 (0.75)
Females: 9-13	8.4 (0.62)	9.4 (0.57)	11.4 (0.45)	13.9 (0.36)	16.8 (0.47)	19.8 (0.83)	21.8 (1.10)
Females: 14-18	9.0 (1.06)	10.1 (0.97)	12.1 (0.77)	14.6 (0.55)	17.4 (0.61)	20.2 (1.03)	22.2 (1.38)
Females: 19-30	8.5 (0.56)	9.6 (0.52)	11.8 (0.44)	14.6 (0.40)	17.7 (0.54)	21.0 (0.80)	23.0 (0.99)
Females: 31-50	8.6 (0.61)	9.8 (0.57)	12.0 (0.47)	14.8 (0.36)	18.1 (0.39)	21.5 (0.62)	23.6 (0.81)
Females: 19-50	8.5 (0.48)	9.7 (0.44)	12.0 (0.38)	14.7 (0.30)	18.0 (0.31)	21.2 (0.45)	23.4 (0.59)
Females: 51-70	8.5 (0.28)	9.7 (0.25)	11.9 (0.20)	14.8 (0.23)	18.2 (0.40)	21.8 (0.65)	24.2 (0.83)
Females: 71 and over	6.4 (0.39)	7.5 (0.37)	9.6 (0.32)	12.3 (0.27)	15.6 (0.34)	19.1 (0.54)	21.4 (0.73)
Females: 50 and over	7.7 (0.25)	8.9 (0.22)	11.1 (0.16)	14.0 (0.16)	17.5 (0.30)	21.2 (0.52)	23.6 (0.68)
Females: 19 and over	8.2 (0.31)	9.4 (0.28)	11.6 (0.23)	14.4 (0.20)	17.8 (0.25)	21.2 (0.40)	23.5 (0.52)
All individuals 1 and over	8.3 (0.16)	9.7 (0.16)	12.3 (0.15)	15.9 (0.16)	20.1 (0.22)	24.4 (0.32)	27.4 (0.40)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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PFA 18:2 (g/day)

PFA 18:2 (g/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	4.2 (0.24)	4.9 (0.23)	6.2 (0.21)	7.9 (0.21)	9.8 (0.28)	11.9 (0.45)	13.3 (0.59)
Males: 4-8	7.5 (0.55)	8.2 (0.47)	9.5 (0.31)	11.2 (0.20)	13.1 (0.46)	15.0 (0.86)	16.2 (1.17)
Males: 9-13	8.1 (0.51)	9.1 (0.47)	11.1 (0.42)	13.6 (0.49)	16.5 (0.76)	19.5 (1.12)	21.5 (1.41)
Males: 14-18	11.2 (1.13)	12.2 (1.02)	14.1 (0.77)	16.5 (0.59)	19.2 (0.75)	22.0 (1.23)	23.8 (1.61)
Males: 19-30	10.0 (0.77)	11.4 (0.69)	14.1 (0.54)	17.5 (0.46)	21.6 (0.71)	25.7 (1.18)	28.4 (1.54)
Males: 31-50	10.0 (0.45)	11.5 (0.42)	14.4 (0.39)	18.2 (0.40)	22.7 (0.55)	27.5 (0.83)	30.5 (1.03)
Males: 19-50	9.9 (0.47)	11.5 (0.44)	14.3 (0.38)	18.0 (0.35)	22.3 (0.43)	26.7 (0.64)	29.7 (0.83)
Males: 51-70	9.0 (0.37)	10.5 (0.34)	13.2 (0.29)	16.7 (0.29)	20.9 (0.46)	25.3 (0.77)	28.1 (0.99)
Males: 71 and over	6.9 (0.46)	8.0 (0.44)	10.2 (0.39)	13.0 (0.37)	16.4 (0.44)	20.0 (0.67)	22.4 (0.86)
Males: 50 and over	8.3 (0.28)	9.7 (0.26)	12.3 (0.23)	15.8 (0.24)	19.9 (0.37)	24.2 (0.61)	27.0 (0.81)
Males: 19 and over	9.3 (0.29)	10.7 (0.27)	13.5 (0.25)	17.1 (0.25)	21.4 (0.33)	25.9 (0.49)	28.8 (0.62)
Females: 1-3	4.2 (0.26)	4.8 (0.25)	6.0 (0.22)	7.6 (0.23)	9.5 (0.34)	11.7 (0.56)	13.1 (0.74)
Females: 4-8	6.9 (0.30)	7.7 (0.28)	9.1 (0.24)	11.0 (0.26)	13.1 (0.39)	15.2 (0.59)	16.5 (0.73)
Females: 9-13	7.3 (0.57)	8.2 (0.53)	10.0 (0.43)	12.4 (0.33)	15.1 (0.43)	17.9 (0.75)	19.7 (1.00)
Females: 14-18	8.0 (0.97)	8.9 (0.89)	10.8 (0.71)	13.0 (0.52)	15.6 (0.58)	18.2 (0.96)	19.9 (1.29)
Females: 19-30	7.4 (0.49)	8.4 (0.45)	10.4 (0.38)	12.9 (0.36)	15.7 (0.49)	18.6 (0.72)	20.5 (0.88)
Females: 31-50	7.5 (0.54)	8.5 (0.50)	10.6 (0.42)	13.1 (0.32)	16.1 (0.35)	19.1 (0.55)	21.1 (0.72)
Females: 19-50	7.4 (0.43)	8.5 (0.40)	10.5 (0.34)	13.0 (0.28)	15.9 (0.28)	18.9 (0.40)	20.9 (0.52)
Females: 51-70	7.3 (0.24)	8.4 (0.21)	10.4 (0.17)	13.0 (0.21)	16.1 (0.36)	19.4 (0.58)	21.5 (0.75)
Females: 71 and over	5.6 (0.35)	6.5 (0.33)	8.4 (0.29)	10.8 (0.24)	13.7 (0.30)	16.8 (0.47)	18.8 (0.64)
Females: 50 and over	6.7 (0.22)	7.7 (0.20)	9.7 (0.15)	12.3 (0.14)	15.4 (0.26)	18.7 (0.46)	21.0 (0.61)
Females: 19 and over	7.1 (0.27)	8.2 (0.25)	10.1 (0.21)	12.7 (0.18)	15.7 (0.22)	18.9 (0.34)	20.9 (0.45)
All individuals 1 and over	7.2 (0.15)	8.4 (0.15)	10.8 (0.14)	14.0 (0.15)	17.8 (0.20)	21.7 (0.28)	24.4 (0.35)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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PFA 18:3 (g/day)

PFA 18:3 (g/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	0.49 (0.025)	0.55 (0.023)	0.67 (0.019)	0.82 (0.018)	0.98 (0.021)	1.15 (0.031)	1.25 (0.039)
Males: 4-8	0.65 (0.042)	0.72 (0.037)	0.84 (0.028)	1.00 (0.023)	1.18 (0.037)	1.37 (0.063)	1.49 (0.085)
Males: 9-13	0.74 (0.066)	0.83 (0.060)	1.00 (0.047)	1.21 (0.043)	1.46 (0.068)	1.71 (0.111)	1.89 (0.147)
Males: 14-18	0.89 (0.064)	0.99 (0.062)	1.19 (0.055)	1.45 (0.056)	1.76 (0.076)	2.09 (0.112)	2.31 (0.142)
Males: 19-30	0.87 (0.067)	1.02 (0.063)	1.31 (0.055)	1.69 (0.050)	2.16 (0.069)	2.64 (0.111)	2.96 (0.146)
Males: 31-50	0.95 (0.051)	1.09 (0.048)	1.36 (0.041)	1.72 (0.039)	2.15 (0.056)	2.61 (0.091)	2.91 (0.119)
Males: 19-50	0.91 (0.050)	1.06 (0.048)	1.34 (0.041)	1.71 (0.035)	2.15 (0.045)	2.61 (0.072)	2.92 (0.096)
Males: 51-70	0.98 (0.046)	1.11 (0.041)	1.37 (0.034)	1.70 (0.036)	2.10 (0.062)	2.52 (0.103)	2.78 (0.133)
Males: 71 and over	0.76 (0.062)	0.86 (0.060)	1.07 (0.051)	1.34 (0.042)	1.67 (0.047)	2.04 (0.082)	2.29 (0.116)
Males: 50 and over	0.91 (0.035)	1.04 (0.032)	1.29 (0.025)	1.62 (0.027)	2.00 (0.049)	2.41 (0.083)	2.68 (0.110)
Males: 19 and over	0.92 (0.034)	1.05 (0.032)	1.32 (0.029)	1.68 (0.028)	2.10 (0.038)	2.54 (0.060)	2.84 (0.077)
Females: 1-3	0.47 (0.027)	0.53 (0.027)	0.66 (0.026)	0.82 (0.029)	1.02 (0.038)	1.24 (0.056)	1.38 (0.071)
Females: 4-8	0.68 (0.044)	0.74 (0.038)	0.85 (0.027)	0.99 (0.022)	1.15 (0.039)	1.30 (0.066)	1.40 (0.085)
Females: 9-13	0.65 (0.041)	0.73 (0.037)	0.89 (0.031)	1.10 (0.034)	1.33 (0.051)	1.59 (0.081)	1.75 (0.101)
Females: 14-18	0.66 (0.074)	0.75 (0.068)	0.93 (0.054)	1.16 (0.039)	1.43 (0.044)	1.71 (0.078)	1.91 (0.106)
Females: 19-30	0.75 (0.068)	0.85 (0.062)	1.04 (0.049)	1.28 (0.037)	1.56 (0.051)	1.86 (0.087)	2.04 (0.113)
Females: 31-50	0.75 (0.064)	0.85 (0.060)	1.04 (0.051)	1.28 (0.039)	1.56 (0.039)	1.86 (0.058)	2.05 (0.076)
Females: 19-50	0.75 (0.047)	0.85 (0.044)	1.04 (0.037)	1.28 (0.029)	1.56 (0.030)	1.85 (0.046)	2.04 (0.061)
Females: 51-70	0.81 (0.044)	0.91 (0.040)	1.10 (0.032)	1.35 (0.028)	1.64 (0.041)	1.96 (0.069)	2.18 (0.091)
Females: 71 and over	0.57 (0.039)	0.67 (0.037)	0.87 (0.032)	1.15 (0.029)	1.51 (0.045)	1.91 (0.083)	2.19 (0.116)
Females: 50 and over	0.72 (0.032)	0.82 (0.029)	1.02 (0.022)	1.29 (0.021)	1.61 (0.035)	1.96 (0.061)	2.21 (0.082)
Females: 19 and over	0.74 (0.031)	0.84 (0.029)	1.03 (0.024)	1.28 (0.020)	1.59 (0.027)	1.91 (0.043)	2.12 (0.058)
All individuals 1 and over	0.72 (0.018)	0.83 (0.018)	1.06 (0.016)	1.36 (0.016)	1.73 (0.022)	2.12 (0.033)	2.38 (0.043)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

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Cholesterol (mg/day)

Cholesterol (mg/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	72 (5.7)	87 (5.6)	117 (5.5)	158 (6.4)	209 (9.2)	266 (14.5)	305 (18.6)
Males: 4-8	107 (8.4)	120 (8.2)	146 (7.3)	181 (6.5)	224 (7.5)	272 (12.1)	305 (16.2)
Males: 9-13	127 (10.0)	145 (9.2)	181 (8.1)	227 (8.4)	281 (12.3)	338 (18.8)	376 (24.0)
Males: 14-18	182 (25.6)	202 (22.8)	241 (17.1)	290 (12.5)	346 (17.4)	405 (30.8)	442 (40.7)
Males: 19-30	180 (14.4)	207 (13.2)	260 (11.0)	330 (9.9)	414 (14.9)	501 (24.2)	559 (31.6)
Males: 31-50	190 (10.9)	220 (10.2)	278 (8.7)	355 (7.6)	446 (10.8)	543 (18.6)	606 (25.0)
Males: 19-50	185 (9.6)	215 (9.2)	272 (8.1)	346 (7.1)	433 (8.8)	525 (13.8)	587 (18.6)
Males: 51-70	147 (8.5)	177 (8.3)	236 (7.8)	317 (7.8)	415 (10.3)	522 (16.2)	591 (20.7)
Males: 71 and over	120 (8.8)	143 (9.2)	192 (9.2)	258 (10.1)	342 (13.3)	434 (18.9)	498 (24.1)
Males: 50 and over	137 (7.0)	166 (6.8)	224 (6.2)	302 (6.0)	398 (8.3)	502 (13.1)	573 (17.0)
Males: 19 and over	165 (5.7)	194 (5.4)	251 (4.9)	329 (4.8)	422 (6.9)	521 (11.0)	588 (14.5)
Females: 1-3	79 (9.1)	91 (8.3)	119 (6.5)	156 (4.3)	204 (7.1)	260 (14.9)	299 (20.9)
Females: 4-8	123 (13.4)	133 (11.8)	152 (8.6)	176 (5.6)	203 (7.8)	231 (14.3)	248 (19.1)
Females: 9-13	111 (7.7)	126 (7.0)	157 (5.6)	196 (5.8)	242 (10.0)	291 (16.7)	323 (21.5)
Females: 14-18	120 (19.3)	134 (17.4)	162 (13.0)	197 (8.1)	237 (10.2)	279 (20.2)	307 (28.3)
Females: 19-30	99 (16.3)	118 (15.0)	156 (11.8)	206 (7.9)	268 (10.8)	334 (20.7)	376 (28.4)
Females: 31-50	123 (9.4)	141 (8.7)	178 (7.2)	225 (5.9)	282 (8.2)	342 (13.7)	380 (18.0)
Females: 19-50	113 (9.0)	132 (8.2)	170 (6.5)	219 (4.9)	277 (6.9)	339 (12.6)	381 (16.9)
Females: 51-70	105 (7.4)	124 (7.3)	163 (7.1)	215 (8.0)	278 (11.2)	347 (16.7)	393 (20.8)
Females: 71 and over	97 (6.0)	113 (5.5)	143 (4.9)	183 (4.8)	230 (6.8)	280 (10.5)	313 (13.7)
Females: 50 and over	101 (5.4)	119 (5.2)	156 (4.9)	205 (5.2)	264 (7.4)	328 (11.4)	372 (14.5)
Females: 19 and over	108 (6.3)	127 (5.9)	163 (4.9)	213 (4.3)	272 (6.0)	335 (10.0)	378 (13.2)
All individuals 1 and over	115 (3.8)	137 (3.7)	182 (3.3)	246 (3.3)	326 (5.0)	414 (8.2)	473 (10.9)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

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Moisture (g/day)

Moisture (g/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	821 (36.6)	916 (32.1)	1098 (25.4)	1327 (24.2)	1589 (33.2)	1862 (50.5)	2037 (63.8)
Males: 4-8	898 (28.6)	987 (26.7)	1157 (22.2)	1378 (22.2)	1643 (33.5)	1926 (55.0)	2117 (72.2)
Males: 9-13	1122 (49.9)	1251 (43.3)	1494 (32.8)	1806 (40.6)	2164 (73.7)	2532 (118.9)	2778 (154.8)
Males: 14-18	1397 (67.5)	1585 (65.4)	1970 (62.8)	2486 (79.6)	3142 (129.0)	3885 (210.0)	4392 (272.6)
Males: 19-30	1776 (88.5)	2038 (86.6)	2553 (85.4)	3264 (91.5)	4154 (122.8)	5129 (177.8)	5799 (227.6)
Males: 31-50	2014 (58.2)	2296 (57.9)	2828 (58.8)	3511 (63.1)	4312 (79.9)	5148 (110.0)	5681 (138.2)
Males: 19-50	1911 (49.9)	2190 (51.3)	2723 (53.9)	3426 (61.6)	4252 (79.0)	5123 (110.0)	5719 (134.3)
Males: 51-70	1779 (43.9)	2023 (45.0)	2499 (49.5)	3130 (57.3)	3886 (74.8)	4706 (106.1)	5240 (128.9)
Males: 71 and over	1418 (54.6)	1580 (52.3)	1896 (47.6)	2297 (44.7)	2764 (52.7)	3250 (76.2)	3570 (96.1)
Males: 50 and over	1604 (29.2)	1841 (30.1)	2306 (33.7)	2920 (43.3)	3647 (61.7)	4415 (87.0)	4937 (109.2)
Males: 19 and over	1769 (30.1)	2037 (32.9)	2547 (37.0)	3227 (43.4)	4037 (54.6)	4887 (76.1)	5463 (92.8)
Females: 1-3	852 (21.3)	934 (21.1)	1094 (21.8)	1288 (25.7)	1505 (33.1)	1729 (45.1)	1870 (52.8)
Females: 4-8	901 (34.7)	987 (32.7)	1152 (29.3)	1365 (29.8)	1609 (39.1)	1864 (61.0)	2025 (77.4)
Females: 9-13	1061 (33.3)	1156 (29.0)	1345 (24.0)	1590 (26.5)	1872 (44.8)	2172 (74.1)	2366 (95.4)
Females: 14-18	1098 (47.2)	1255 (46.0)	1567 (50.9)	1968 (68.0)	2428 (96.9)	2918 (134.6)	3250 (162.9)
Females: 19-30	1352 (44.5)	1544 (46.8)	1920 (54.0)	2431 (71.3)	3057 (101.8)	3741 (141.7)	4193 (173.4)
Females: 31-50	1477 (46.1)	1704 (44.9)	2143 (41.2)	2719 (37.1)	3410 (47.4)	4152 (72.3)	4626 (92.9)
Females: 19-50	1414 (33.6)	1632 (33.5)	2055 (33.6)	2615 (35.7)	3286 (42.9)	4009 (58.6)	4498 (72.9)
Females: 51-70	1474 (42.7)	1683 (40.7)	2088 (37.1)	2616 (38.6)	3231 (59.4)	3890 (95.0)	4320 (123.0)
Females: 71 and over	1183 (37.5)	1342 (36.1)	1645 (35.1)	2038 (36.0)	2498 (41.7)	2975 (55.2)	3291 (69.1)
Females: 50 and over	1336 (37.8)	1534 (35.7)	1924 (30.8)	2435 (31.7)	3032 (46.8)	3663 (73.4)	4089 (94.5)
Females: 19 and over	1385 (27.3)	1595 (27.0)	1998 (26.2)	2536 (26.1)	3183 (29.3)	3866 (39.8)	4331 (48.6)
All individuals 1 and over	1148 (9.1)	1382 (11.2)	1872 (17.4)	2539 (24.3)	3325 (33.8)	4151 (48.7)	4703 (60.4)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Vitamin A (μ g RAE/day)

Vitamin A (μ g RAE/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	313 (21.5)	363 (20.7)	461 (19.1)	585 (20.0)	725 (25.5)	869 (35.5)	960 (43.8)
Males: 4-8	358 (17.7)	404 (15.9)	489 (13.1)	595 (13.0)	715 (18.8)	835 (28.0)	913 (35.7)
Males: 9-13	350 (34.1)	404 (31.9)	507 (28.0)	639 (26.9)	789 (35.0)	942 (50.8)	1042 (64.9)
Males: 14-18	335 (38.4)	390 (35.6)	499 (29.8)	639 (31.0)	807 (48.5)	985 (78.9)	1100 (100.8)
Males: 19-30	249 (26.7)	304 (25.9)	416 (23.2)	574 (22.1)	773 (30.9)	991 (50.8)	1139 (67.1)
Males: 31-50	271 (15.0)	334 (15.4)	460 (16.1)	634 (18.4)	851 (26.1)	1089 (38.0)	1245 (47.9)
Males: 19-50	261 (14.0)	321 (14.2)	443 (14.3)	612 (14.7)	821 (18.6)	1048 (27.7)	1206 (36.9)
Males: 51-70	252 (22.4)	316 (22.3)	449 (21.0)	635 (18.3)	867 (21.3)	1125 (35.0)	1294 (46.6)
Males: 71 and over	323 (28.0)	383 (28.1)	507 (27.5)	678 (28.3)	893 (33.7)	1132 (47.5)	1297 (60.7)
Males: 50 and over	268 (19.8)	331 (20.1)	464 (18.9)	647 (18.0)	874 (20.3)	1125 (29.5)	1299 (38.5)
Males: 19 and over	264 (12.5)	324 (12.8)	449 (12.6)	624 (12.3)	844 (14.2)	1085 (20.6)	1249 (25.7)
Females: 1-3	309 (14.2)	353 (13.2)	439 (13.1)	546 (18.2)	671 (27.5)	801 (39.7)	884 (47.2)
Females: 4-8	300 (23.6)	343 (21.7)	425 (18.2)	531 (15.3)	651 (17.4)	775 (26.2)	852 (33.7)
Females: 9-13	284 (19.7)	332 (19.3)	428 (19.6)	553 (22.3)	696 (28.5)	846 (38.5)	941 (45.5)
Females: 14-18	223 (22.5)	266 (21.6)	354 (20.2)	473 (21.5)	612 (29.5)	765 (44.4)	869 (55.8)
Females: 19-30	210 (17.4)	257 (17.1)	351 (16.0)	484 (16.2)	651 (24.6)	837 (42.5)	960 (57.2)
Females: 31-50	220 (17.1)	272 (17.1)	378 (16.9)	530 (20.8)	726 (35.5)	950 (59.2)	1100 (77.1)
Females: 19-50	216 (12.6)	266 (12.7)	369 (12.6)	513 (15.5)	698 (24.2)	906 (38.5)	1050 (50.2)
Females: 51-70	246 (15.2)	303 (16.0)	421 (17.4)	591 (19.1)	810 (23.7)	1063 (33.1)	1238 (40.7)
Females: 71 and over	284 (18.2)	334 (17.8)	435 (16.2)	574 (15.3)	746 (19.1)	934 (30.9)	1063 (41.6)
Females: 50 and over	255 (12.2)	309 (12.4)	424 (13.0)	585 (13.6)	791 (16.4)	1024 (21.9)	1187 (27.5)
Females: 19 and over	231 (10.4)	282 (10.6)	390 (10.9)	543 (11.9)	741 (15.5)	963 (22.8)	1118 (29.9)
All individuals 1 and over	254 (8.0)	310 (8.4)	423 (8.8)	579 (9.4)	774 (11.1)	986 (14.1)	1132 (17.0)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

Vitamin A measured in Retinol Activity Equivalents (RAE).

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Alpha-carotene ($\mu\text{g}/\text{day}$)

Alpha-carotene ($\mu\text{g}/\text{day}$): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	15 (4.8)	24 (6.6)	48 (10.5)	99 (15.0)	199 (28.8)	368 (69.3)	529 (118.2)
Males: 4-8	17 (7.8)	27 (9.4)	51 (11.6)	94 (12.0)	170 (20.6)	283 (57.6)	380 (101.4)
Males: 9-13	11 (4.4)	17 (6.1)	37 (10.3)	85 (19.3)	188 (38.2)	380 (82.5)	565 (135.9)
Males: 14-18	14 (6.5)	21 (7.7)	40 (9.2)	75 (10.5)	137 (17.3)	230 (42.8)	311 (73.0)
Males: 19-30	20 (5.7)	32 (7.1)	66 (8.6)	130 (9.4)	243 (24.0)	417 (68.5)	568 (118.3)
Males: 31-50	29 (6.0)	44 (7.2)	84 (9.7)	161 (14.1)	300 (29.7)	516 (68.1)	708 (111.8)
Males: 19-50	25 (4.1)	39 (4.8)	77 (6.0)	150 (8.1)	278 (18.5)	474 (46.1)	651 (76.8)
Males: 51-70	30 (6.4)	47 (8.7)	93 (12.8)	186 (16.5)	362 (24.7)	649 (64.2)	913 (117.4)
Males: 71 and over	31 (5.8)	50 (7.6)	103 (11.1)	220 (17.1)	459 (39.5)	878 (104.5)	1274 (180.9)
Males: 50 and over	30 (4.8)	47 (6.6)	95 (10.1)	195 (13.5)	383 (22.7)	699 (57.4)	997 (100.7)
Males: 19 and over	25 (3.0)	40 (3.8)	82 (5.4)	165 (8.0)	321 (16.3)	568 (38.8)	796 (64.4)
Females: 1-3	7 (2.3)	13 (3.1)	31 (5.1)	77 (8.6)	189 (23.9)	412 (74.9)	653 (142.1)
Females: 4-8	13 (4.6)	21 (5.9)	44 (8.5)	88 (13.1)	165 (24.6)	288 (51.5)	391 (82.8)
Females: 9-13	14 (7.4)	22 (9.4)	42 (12.4)	76 (13.8)	131 (19.4)	205 (47.7)	270 (82.0)
Females: 14-18	10 (5.5)	16 (7.4)	35 (10.9)	78 (14.6)	165 (27.2)	313 (77.7)	464 (142.7)
Females: 19-30	17 (4.8)	26 (5.9)	54 (7.8)	111 (9.3)	223 (18.6)	405 (55.8)	576 (99.7)
Females: 31-50	24 (4.4)	37 (5.8)	73 (9.3)	152 (16.7)	309 (36.0)	581 (79.9)	838 (129.6)
Females: 19-50	21 (3.0)	32 (3.8)	65 (5.6)	136 (9.7)	275 (22.3)	518 (54.6)	750 (91.7)
Females: 51-70	46 (10.2)	68 (12.6)	124 (17.4)	237 (23.4)	441 (36.5)	760 (75.5)	1042 (122.2)
Females: 71 and over	38 (6.5)	56 (8.2)	106 (12.1)	206 (18.8)	387 (36.7)	683 (80.1)	941 (127.3)
Females: 50 and over	44 (7.1)	64 (9.1)	119 (13.4)	229 (19.5)	428 (31.4)	737 (62.2)	1017 (99.3)
Females: 19 and over	26 (3.1)	41 (4.2)	82 (6.6)	169 (11.1)	339 (21.6)	626 (44.8)	899 (73.8)
All individuals 1 and over	20 (1.7)	32 (2.3)	66 (4.0)	140 (7.4)	287 (14.7)	531 (29.6)	761 (45.7)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Beta-carotene ($\mu\text{g}/\text{day}$)

Beta-carotene ($\mu\text{g}/\text{day}$): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	238 (48.1)	305 (51.9)	466 (57.9)	739 (68.6)	1165 (114.9)	1767 (228.4)	2249 (342.4)
Males: 4-8	229 (31.6)	302 (34.9)	481 (39.0)	801 (48.5)	1329 (90.8)	2098 (190.4)	2748 (303.4)
Males: 9-13	263 (69.1)	337 (76.9)	511 (88.6)	805 (100.5)	1258 (130.1)	1869 (210.4)	2369 (310.2)
Males: 14-18	312 (60.5)	386 (63.2)	555 (66.7)	817 (79.9)	1203 (131.5)	1704 (239.3)	2081 (338.8)
Males: 19-30	384 (47.1)	499 (48.4)	763 (48.4)	1200 (58.4)	1857 (120.1)	2702 (240.6)	3352 (352.2)
Males: 31-50	383 (42.3)	526 (50.7)	872 (69.6)	1479 (111.0)	2450 (201.8)	3792 (359.7)	4841 (500.9)
Males: 19-50	375 (33.6)	508 (37.7)	824 (46.8)	1370 (71.9)	2217 (134.7)	3352 (245.5)	4279 (349.1)
Males: 51-70	470 (55.0)	634 (64.2)	1026 (78.9)	1700 (99.0)	2741 (135.4)	4160 (213.2)	5245 (291.2)
Males: 71 and over	500 (64.0)	669 (73.7)	1085 (90.7)	1795 (117.7)	2898 (190.5)	4390 (353.3)	5572 (513.4)
Males: 50 and over	474 (50.8)	637 (59.6)	1043 (74.6)	1728 (94.2)	2781 (125.0)	4197 (184.2)	5323 (251.7)
Males: 19 and over	405 (31.9)	547 (37.6)	893 (48.4)	1496 (68.4)	2444 (110.3)	3729 (188.0)	4749 (255.7)
Females: 1-3	167 (37.8)	228 (40.3)	390 (41.9)	680 (46.4)	1165 (91.9)	1886 (206.2)	2481 (311.9)
Females: 4-8	218 (34.5)	283 (38.5)	444 (44.6)	729 (55.8)	1189 (89.4)	1850 (167.6)	2381 (256.2)
Females: 9-13	331 (70.1)	400 (71.4)	559 (70.5)	807 (68.1)	1155 (92.2)	1601 (179.3)	1930 (264.4)
Females: 14-18	232 (49.1)	303 (54.0)	477 (59.7)	777 (72.2)	1244 (124.4)	1908 (260.1)	2468 (405.3)
Females: 19-30	192 (39.1)	282 (44.2)	520 (51.6)	985 (64.3)	1795 (126.4)	2999 (280.6)	3983 (437.3)
Females: 31-50	313 (33.8)	440 (41.4)	764 (59.1)	1363 (101.7)	2377 (205.9)	3868 (399.3)	5065 (578.0)
Females: 19-50	258 (29.7)	371 (35.1)	664 (45.8)	1216 (71.5)	2155 (141.0)	3548 (279.6)	4727 (418.1)
Females: 51-70	590 (74.3)	781 (85.1)	1236 (103.9)	2001 (118.4)	3153 (144.6)	4712 (226.6)	5916 (315.8)
Females: 71 and over	512 (53.6)	679 (60.0)	1073 (70.3)	1742 (91.2)	2762 (145.8)	4117 (263.4)	5186 (378.0)
Females: 50 and over	564 (46.6)	744 (54.2)	1181 (68.3)	1915 (86.3)	3027 (112.3)	4520 (158.8)	5682 (210.5)
Females: 19 and over	348 (28.2)	486 (34.1)	836 (46.2)	1482 (68.1)	2555 (108.8)	4077 (185.8)	5334 (258.8)
All individuals 1 and over	311 (15.8)	430 (20.6)	728 (31.3)	1273 (51.5)	2170 (86.2)	3426 (139.3)	4475 (183.0)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Beta-cryptoxanthin ($\mu\text{g}/\text{day}$)

Beta-cryptoxanthin ($\mu\text{g}/\text{day}$): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	8 (1.8)	12 (2.3)	22 (3.2)	42 (4.7)	81 (8.9)	144 (19.7)	202 (31.7)
Males: 4-8	10 (3.1)	16 (3.7)	29 (4.7)	53 (6.0)	93 (9.6)	151 (19.9)	200 (31.6)
Males: 9-13	8 (2.5)	12 (2.9)	21 (3.7)	39 (5.0)	66 (8.6)	106 (16.5)	138 (24.6)
Males: 14-18	9 (3.0)	14 (3.5)	25 (4.0)	43 (4.3)	71 (8.5)	108 (19.8)	138 (31.0)
Males: 19-30	13 (4.4)	19 (5.0)	33 (5.6)	52 (4.3)	78 (5.9)	109 (16.1)	133 (25.7)
Males: 31-50	12 (3.7)	17 (2.6)	29 (2.7)	52 (4.3)	91 (7.9)	151 (15.3)	201 (22.4)
Males: 19-50	13 (1.9)	18 (2.2)	30 (2.7)	51 (3.3)	87 (5.1)	136 (10.1)	179 (15.6)
Males: 51-70	10 (4.1)	15 (4.1)	30 (3.7)	59 (4.0)	112 (6.4)	193 (13.9)	264 (22.3)
Males: 71 and over	13 (4.5)	19 (4.3)	34 (3.8)	63 (4.1)	111 (7.4)	179 (16.2)	236 (25.6)
Males: 50 and over	11 (2.7)	16 (2.8)	31 (2.7)	60 (3.3)	111 (5.1)	190 (10.2)	258 (16.8)
Males: 19 and over	11 (1.3)	16 (1.5)	30 (2.0)	54 (2.5)	97 (3.8)	159 (7.7)	212 (12.1)
Females: 1-3	7 (1.5)	11 (1.8)	22 (2.4)	43 (3.8)	82 (7.6)	143 (15.5)	194 (24.7)
Females: 4-8	12 (2.5)	16 (3.1)	28 (4.1)	48 (5.0)	81 (7.8)	129 (15.6)	167 (24.7)
Females: 9-13	17 (4.5)	21 (4.8)	30 (4.9)	45 (4.5)	66 (6.0)	93 (13.3)	113 (21.0)
Females: 14-18	5 (1.6)	8 (2.0)	16 (2.7)	32 (3.7)	57 (6.1)	95 (12.2)	128 (18.3)
Females: 19-30	9 (2.7)	13 (3.1)	23 (3.8)	39 (4.2)	63 (4.7)	94 (8.1)	119 (12.7)
Females: 31-50	10 (1.6)	14 (1.8)	26 (2.4)	48 (3.5)	87 (6.8)	148 (14.2)	199 (22.8)
Females: 19-50	9 (1.6)	14 (1.9)	25 (2.5)	45 (3.3)	78 (5.4)	127 (11.2)	169 (18.0)
Females: 51-70	13 (2.3)	19 (2.8)	35 (3.4)	61 (3.7)	99 (5.0)	152 (10.2)	192 (15.9)
Females: 71 and over	12 (6.4)	18 (5.4)	32 (4.6)	60 (5.0)	105 (7.0)	168 (13.2)	219 (19.6)
Females: 50 and over	13 (1.7)	19 (2.0)	34 (2.5)	60 (2.9)	102 (4.3)	157 (8.5)	203 (13.0)
Females: 19 and over	10 (1.4)	15 (1.7)	28 (2.2)	51 (2.8)	89 (4.1)	143 (8.2)	188 (13.0)
All individuals 1 and over	10 (0.8)	15 (1.0)	27 (1.4)	50 (2.0)	88 (3.1)	143 (5.2)	189 (7.5)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Lycopene ($\mu\text{g}/\text{day}$)

Lycopene ($\mu\text{g}/\text{day}$): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	872 (391.6)	1192 (418.6)	1920 (427.1)	2867 (387.0)	3922 (434.9)	4953 (787.1)	5556 (1149.2)
Males: 4-8	986 (285.2)	1438 (327.5)	2456 (366.6)	3907 (327.0)	5678 (332.8)	7569 (699.1)	8806 (1076.9)
Males: 9-13	2110 (831.8)	2537 (740.4)	3411 (543.3)	4586 (349.9)	6009 (554.9)	7554 (1066.1)	8566 (1453.2)
Males: 14-18	2690 (990.5)	3323 (882.7)	4693 (603.3)	6515 (547.1)	8780 (1265.3)	11139 (2282.4)	12689 (3006.5)
Males: 19-30	2734 (868.2)	3360 (858.6)	4635 (780.4)	6472 (576.7)	8802 (545.8)	11470 (1199.6)	13312 (1822.0)
Males: 31-50	2437 (439.4)	3050 (435.2)	4355 (400.1)	6298 (334.3)	8850 (474.7)	11795 (933.0)	13871 (1334.2)
Males: 19-50	2570 (419.7)	3180 (418.8)	4471 (378.1)	6364 (298.1)	8866 (377.9)	11717 (763.8)	13737 (1127.3)
Males: 51-70	1632 (277.6)	2162 (279.6)	3300 (265.0)	5058 (281.5)	7460 (473.3)	10344 (847.4)	12418 (1147.4)
Males: 71 and over	917 (295.5)	1295 (334.0)	2205 (378.9)	3737 (378.3)	6028 (396.6)	8929 (679.7)	11072 (1025.3)
Males: 50 and over	1438 (202.0)	1916 (209.6)	3007 (220.1)	4746 (254.2)	7146 (393.1)	10038 (678.9)	12149 (939.2)
Males: 19 and over	1982 (214.7)	2564 (222.2)	3814 (223.6)	5721 (214.6)	8281 (300.5)	11263 (551.7)	13376 (765.7)
Females: 1-3	1259 (508.6)	1612 (548.1)	2298 (548.9)	3169 (391.3)	4195 (268.1)	5315 (764.0)	6031 (1209.5)
Females: 4-8	863 (658.4)	1255 (669.6)	2184 (569.2)	3487 (329.0)	5072 (419.6)	6742 (1002.0)	7770 (1431.5)
Females: 9-13	2362 (846.7)	2713 (768.8)	3401 (573.3)	4323 (364.8)	5427 (683.3)	6634 (1361.9)	7440 (1875.6)
Females: 14-18	1733 (563.2)	2151 (560.7)	3021 (512.6)	4277 (487.4)	5871 (679.7)	7616 (1176.8)	8889 (1623.4)
Females: 19-30	889 (264.5)	1367 (294.0)	2559 (304.8)	4444 (293.7)	6952 (632.1)	9802 (1353.5)	11767 (1956.9)
Females: 31-50	1262 (279.9)	1694 (306.0)	2641 (322.8)	4038 (292.8)	5869 (259.1)	7941 (455.1)	9380 (714.2)
Females: 19-50	1116 (225.0)	1581 (244.2)	2619 (243.7)	4199 (205.5)	6259 (257.1)	8585 (539.4)	10220 (808.2)
Females: 51-70	942 (262.3)	1352 (288.3)	2338 (307.6)	3808 (287.7)	5710 (320.9)	7792 (596.4)	9195 (885.2)
Females: 71 and over	983 (295.5)	1323 (312.5)	2087 (314.3)	3237 (284.1)	4825 (334.9)	6639 (609.2)	7911 (896.3)
Females: 50 and over	948 (237.6)	1345 (258.0)	2260 (262.0)	3658 (216.8)	5461 (232.8)	7452 (470.3)	8841 (712.0)
Females: 19 and over	1015 (158.3)	1454 (178.6)	2453 (191.4)	3969 (174.4)	5947 (183.4)	8140 (353.0)	9655 (531.0)
All individuals 1 and over	1418 (98.2)	1897 (107.7)	2956 (119.9)	4581 (131.2)	6776 (171.5)	9316 (274.5)	11130 (379.9)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

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Lutein + zeaxanthin ($\mu\text{g}/\text{day}$)

Lutein + zeaxanthin ($\mu\text{g}/\text{day}$): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	165 (19.4)	210 (20.0)	313 (20.4)	474 (21.8)	701 (38.3)	987 (78.0)	1197 (113.2)
Males: 4-8	216 (27.7)	271 (27.0)	393 (22.3)	586 (26.0)	865 (67.5)	1221 (142.2)	1493 (212.4)
Males: 9-13	299 (36.0)	353 (36.1)	466 (38.4)	631 (49.4)	847 (79.7)	1099 (128.4)	1284 (170.9)
Males: 14-18	294 (27.7)	359 (29.4)	503 (34.7)	717 (55.8)	1020 (102.6)	1396 (177.0)	1671 (239.4)
Males: 19-30	331 (51.4)	414 (52.6)	595 (52.0)	876 (50.9)	1269 (73.9)	1743 (135.7)	2091 (193.9)
Males: 31-50	376 (45.5)	483 (49.0)	725 (53.4)	1116 (67.0)	1695 (117.6)	2445 (223.1)	3006 (319.7)
Males: 19-50	352 (35.1)	450 (37.8)	670 (41.6)	1023 (50.7)	1530 (81.6)	2168 (144.3)	2670 (206.4)
Males: 51-70	447 (56.0)	563 (61.6)	820 (70.5)	1222 (80.4)	1791 (98.3)	2511 (138.1)	3034 (179.4)
Males: 71 and over	414 (57.2)	509 (60.8)	727 (62.7)	1067 (62.6)	1558 (82.1)	2187 (152.5)	2668 (226.4)
Males: 50 and over	440 (47.1)	550 (52.1)	803 (58.7)	1191 (67.2)	1738 (82.4)	2421 (113.7)	2936 (148.4)
Males: 19 and over	382 (30.8)	484 (33.8)	715 (38.9)	1085 (48.6)	1619 (70.2)	2294 (112.7)	2803 (150.4)
Females: 1-3	171 (29.4)	216 (28.3)	320 (23.6)	476 (22.0)	694 (45.6)	965 (93.4)	1161 (132.2)
Females: 4-8	255 (29.5)	302 (29.2)	401 (27.8)	546 (30.7)	734 (45.3)	952 (75.4)	1102 (100.1)
Females: 9-13	290 (48.9)	345 (49.8)	467 (48.7)	649 (45.0)	893 (56.4)	1190 (103.7)	1401 (149.3)
Females: 14-18	325 (75.2)	378 (71.3)	489 (60.1)	643 (51.6)	834 (73.3)	1055 (133.0)	1213 (186.0)
Females: 19-30	219 (54.7)	296 (57.5)	480 (56.5)	796 (47.1)	1287 (80.0)	1945 (195.7)	2446 (309.1)
Females: 31-50	303 (36.1)	400 (42.0)	631 (53.0)	1020 (70.8)	1624 (114.1)	2448 (200.9)	3075 (282.9)
Females: 19-50	264 (31.4)	354 (34.8)	568 (39.5)	934 (47.9)	1499 (77.7)	2267 (147.2)	2884 (219.2)
Females: 51-70	446 (56.8)	561 (61.7)	828 (70.0)	1267 (76.6)	1923 (98.6)	2817 (173.6)	3518 (254.5)
Females: 71 and over	324 (39.9)	414 (41.2)	624 (39.3)	981 (36.2)	1537 (73.1)	2300 (176.3)	2922 (279.1)
Females: 50 and over	402 (30.3)	509 (33.8)	758 (40.6)	1172 (50.7)	1802 (76.0)	2661 (130.3)	3348 (184.5)
Females: 19 and over	312 (25.8)	409 (29.0)	641 (34.8)	1037 (43.3)	1654 (58.7)	2482 (90.3)	3145 (124.1)
All individuals 1 and over	296 (15.1)	384 (18.2)	587 (24.2)	925 (34.8)	1430 (52.1)	2083 (78.2)	2597 (99.1)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

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Thiamin (mg/day)

Thiamin (mg/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	0.71 (0.049)	0.79 (0.044)	0.95 (0.034)	1.15 (0.029)	1.37 (0.043)	1.60 (0.071)	1.74 (0.094)
Males: 4-8	0.96 (0.034)	1.05 (0.031)	1.22 (0.026)	1.42 (0.024)	1.65 (0.032)	1.88 (0.048)	2.03 (0.062)
Males: 9-13	1.15 (0.066)	1.26 (0.058)	1.45 (0.047)	1.68 (0.048)	1.93 (0.070)	2.18 (0.106)	2.35 (0.132)
Males: 14-18	1.14 (0.075)	1.28 (0.074)	1.56 (0.070)	1.91 (0.072)	2.31 (0.086)	2.73 (0.116)	2.99 (0.137)
Males: 19-30	1.09 (0.075)	1.25 (0.072)	1.56 (0.069)	1.97 (0.070)	2.46 (0.093)	2.96 (0.135)	3.30 (0.172)
Males: 31-50	1.13 (0.035)	1.28 (0.032)	1.57 (0.027)	1.93 (0.028)	2.35 (0.042)	2.79 (0.062)	3.07 (0.077)
Males: 19-50	1.11 (0.036)	1.27 (0.034)	1.57 (0.032)	1.95 (0.035)	2.39 (0.046)	2.84 (0.067)	3.15 (0.085)
Males: 51-70	1.10 (0.036)	1.23 (0.035)	1.48 (0.034)	1.79 (0.032)	2.15 (0.035)	2.52 (0.049)	2.75 (0.063)
Males: 71 and over	0.95 (0.030)	1.07 (0.028)	1.30 (0.026)	1.59 (0.031)	1.94 (0.044)	2.30 (0.064)	2.54 (0.080)
Males: 50 and over	1.05 (0.028)	1.18 (0.028)	1.43 (0.026)	1.74 (0.026)	2.10 (0.032)	2.47 (0.045)	2.70 (0.056)
Males: 19 and over	1.09 (0.024)	1.23 (0.023)	1.51 (0.022)	1.87 (0.023)	2.28 (0.028)	2.71 (0.041)	2.99 (0.052)
Females: 1-3	0.69 (0.032)	0.76 (0.032)	0.90 (0.031)	1.08 (0.032)	1.28 (0.038)	1.49 (0.051)	1.63 (0.060)
Females: 4-8	0.89 (0.038)	0.98 (0.033)	1.13 (0.028)	1.33 (0.028)	1.54 (0.042)	1.76 (0.066)	1.89 (0.083)
Females: 9-13	1.03 (0.057)	1.11 (0.050)	1.28 (0.040)	1.47 (0.040)	1.69 (0.058)	1.91 (0.088)	2.04 (0.108)
Females: 14-18	0.79 (0.067)	0.89 (0.063)	1.08 (0.054)	1.33 (0.051)	1.61 (0.064)	1.91 (0.093)	2.11 (0.117)
Females: 19-30	0.85 (0.052)	0.95 (0.046)	1.13 (0.036)	1.36 (0.025)	1.62 (0.024)	1.88 (0.038)	2.04 (0.049)
Females: 31-50	0.84 (0.046)	0.94 (0.042)	1.13 (0.034)	1.36 (0.026)	1.63 (0.027)	1.90 (0.041)	2.07 (0.052)
Females: 19-50	0.85 (0.034)	0.95 (0.031)	1.13 (0.026)	1.36 (0.021)	1.63 (0.021)	1.89 (0.029)	2.06 (0.036)
Females: 51-70	0.85 (0.033)	0.94 (0.032)	1.12 (0.030)	1.34 (0.032)	1.60 (0.041)	1.87 (0.058)	2.05 (0.070)
Females: 71 and over	0.76 (0.029)	0.86 (0.028)	1.04 (0.027)	1.28 (0.027)	1.55 (0.033)	1.84 (0.048)	2.03 (0.062)
Females: 50 and over	0.82 (0.026)	0.91 (0.025)	1.09 (0.022)	1.32 (0.022)	1.59 (0.029)	1.87 (0.041)	2.05 (0.052)
Females: 19 and over	0.83 (0.027)	0.93 (0.025)	1.11 (0.021)	1.35 (0.018)	1.61 (0.021)	1.88 (0.030)	2.06 (0.038)
All individuals 1 and over	0.88 (0.015)	1.00 (0.014)	1.23 (0.013)	1.54 (0.012)	1.91 (0.016)	2.30 (0.023)	2.55 (0.029)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

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Riboflavin (mg/day)

Riboflavin (mg/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	1.05 (0.073)	1.21 (0.068)	1.50 (0.057)	1.85 (0.050)	2.23 (0.050)	2.61 (0.063)	2.85 (0.075)
Males: 4-8	1.24 (0.043)	1.37 (0.037)	1.62 (0.028)	1.92 (0.032)	2.26 (0.052)	2.60 (0.081)	2.81 (0.103)
Males: 9-13	1.34 (0.079)	1.50 (0.074)	1.80 (0.070)	2.18 (0.075)	2.61 (0.099)	3.06 (0.143)	3.35 (0.184)
Males: 14-18	1.47 (0.108)	1.65 (0.101)	2.02 (0.091)	2.47 (0.092)	3.00 (0.123)	3.54 (0.182)	3.89 (0.224)
Males: 19-30	1.20 (0.073)	1.40 (0.069)	1.81 (0.064)	2.35 (0.070)	3.00 (0.099)	3.67 (0.147)	4.12 (0.184)
Males: 31-50	1.38 (0.042)	1.59 (0.037)	2.01 (0.032)	2.54 (0.036)	3.18 (0.062)	3.85 (0.098)	4.28 (0.126)
Males: 19-50	1.30 (0.042)	1.51 (0.039)	1.93 (0.037)	2.47 (0.041)	3.11 (0.057)	3.78 (0.085)	4.23 (0.107)
Males: 51-70	1.26 (0.038)	1.47 (0.038)	1.87 (0.043)	2.40 (0.048)	3.01 (0.058)	3.65 (0.080)	4.05 (0.098)
Males: 71 and over	1.26 (0.042)	1.43 (0.040)	1.75 (0.039)	2.16 (0.045)	2.63 (0.061)	3.11 (0.085)	3.42 (0.103)
Males: 50 and over	1.24 (0.030)	1.45 (0.031)	1.84 (0.033)	2.34 (0.040)	2.92 (0.051)	3.52 (0.068)	3.91 (0.083)
Males: 19 and over	1.28 (0.030)	1.49 (0.029)	1.89 (0.028)	2.42 (0.030)	3.04 (0.037)	3.69 (0.051)	4.12 (0.064)
Females: 1-3	1.09 (0.048)	1.22 (0.046)	1.47 (0.044)	1.79 (0.048)	2.15 (0.064)	2.52 (0.093)	2.76 (0.113)
Females: 4-8	1.08 (0.050)	1.21 (0.045)	1.46 (0.039)	1.77 (0.040)	2.12 (0.053)	2.46 (0.081)	2.68 (0.101)
Females: 9-13	1.14 (0.081)	1.27 (0.071)	1.52 (0.055)	1.83 (0.042)	2.17 (0.060)	2.52 (0.100)	2.74 (0.130)
Females: 14-18	0.94 (0.076)	1.07 (0.072)	1.32 (0.065)	1.65 (0.062)	2.01 (0.075)	2.40 (0.104)	2.66 (0.129)
Females: 19-30	0.96 (0.050)	1.10 (0.050)	1.37 (0.049)	1.72 (0.053)	2.13 (0.069)	2.55 (0.097)	2.81 (0.118)
Females: 31-50	1.02 (0.045)	1.18 (0.042)	1.47 (0.036)	1.83 (0.032)	2.26 (0.041)	2.70 (0.062)	2.98 (0.078)
Females: 19-50	1.00 (0.034)	1.15 (0.032)	1.43 (0.030)	1.79 (0.032)	2.21 (0.044)	2.64 (0.064)	2.93 (0.078)
Females: 51-70	1.04 (0.024)	1.18 (0.023)	1.47 (0.025)	1.84 (0.033)	2.27 (0.047)	2.74 (0.066)	3.04 (0.078)
Females: 71 and over	0.94 (0.025)	1.08 (0.025)	1.35 (0.026)	1.70 (0.031)	2.11 (0.039)	2.53 (0.051)	2.80 (0.062)
Females: 50 and over	1.00 (0.020)	1.15 (0.018)	1.43 (0.018)	1.80 (0.022)	2.23 (0.032)	2.68 (0.046)	2.98 (0.057)
Females: 19 and over	1.00 (0.025)	1.15 (0.023)	1.43 (0.021)	1.80 (0.022)	2.22 (0.031)	2.66 (0.046)	2.96 (0.058)
All individuals 1 and over	1.08 (0.017)	1.26 (0.017)	1.59 (0.017)	2.04 (0.019)	2.57 (0.025)	3.13 (0.034)	3.49 (0.041)

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Niacin (mg/day)

Niacin (mg/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	8.2 (0.45)	9.2 (0.42)	11.3 (0.35)	13.8 (0.34)	16.7 (0.44)	19.7 (0.69)	21.6 (0.91)
Males: 4-8	12.4 (0.50)	13.5 (0.44)	15.6 (0.34)	18.2 (0.31)	21.1 (0.47)	24.0 (0.75)	25.9 (0.98)
Males: 9-13	17.1 (1.27)	18.4 (1.10)	20.8 (0.85)	23.8 (0.75)	27.1 (1.10)	30.3 (1.71)	32.4 (2.17)
Males: 14-18	17.9 (1.34)	20.0 (1.23)	24.0 (1.00)	28.9 (0.87)	34.7 (1.17)	40.7 (1.87)	44.5 (2.38)
Males: 19-30	20.0 (1.35)	22.5 (1.25)	27.1 (1.06)	32.9 (0.93)	39.5 (1.15)	46.2 (1.66)	50.5 (2.05)
Males: 31-50	19.7 (0.61)	22.1 (0.55)	26.4 (0.47)	31.8 (0.44)	37.9 (0.63)	44.1 (0.93)	48.0 (1.16)
Males: 19-50	19.8 (0.71)	22.2 (0.65)	26.6 (0.52)	32.2 (0.43)	38.5 (0.55)	44.7 (0.85)	48.9 (1.09)
Males: 51-70	16.9 (0.52)	18.9 (0.51)	22.8 (0.48)	27.7 (0.47)	33.2 (0.59)	38.9 (0.89)	42.4 (1.15)
Males: 71 and over	13.7 (0.55)	15.3 (0.53)	18.4 (0.49)	22.4 (0.49)	27.1 (0.62)	32.0 (0.92)	35.2 (1.18)
Males: 50 and over	15.6 (0.48)	17.7 (0.46)	21.6 (0.43)	26.4 (0.41)	31.9 (0.50)	37.5 (0.75)	41.1 (0.97)
Males: 19 and over	17.8 (0.41)	20.2 (0.39)	24.5 (0.34)	30.0 (0.31)	36.2 (0.38)	42.4 (0.57)	46.4 (0.71)
Females: 1-3	7.3 (0.43)	8.3 (0.42)	10.1 (0.38)	12.4 (0.37)	15.1 (0.43)	18.1 (0.60)	19.9 (0.74)
Females: 4-8	10.6 (0.45)	11.8 (0.39)	14.1 (0.32)	17.1 (0.36)	20.4 (0.56)	23.7 (0.86)	25.8 (1.08)
Females: 9-13	13.8 (0.77)	15.0 (0.68)	17.2 (0.51)	19.9 (0.43)	22.9 (0.60)	25.8 (0.95)	27.6 (1.19)
Females: 14-18	12.5 (0.89)	13.9 (0.84)	16.6 (0.74)	19.9 (0.69)	23.4 (0.80)	27.1 (1.07)	29.5 (1.31)
Females: 19-30	13.8 (0.61)	15.2 (0.53)	17.9 (0.42)	21.2 (0.42)	24.9 (0.63)	28.5 (0.95)	30.8 (1.16)
Females: 31-50	12.6 (0.61)	14.2 (0.55)	17.0 (0.42)	20.5 (0.28)	24.5 (0.31)	28.5 (0.54)	31.0 (0.73)
Females: 19-50	13.0 (0.48)	14.5 (0.44)	17.3 (0.36)	20.8 (0.29)	24.6 (0.34)	28.5 (0.50)	31.0 (0.64)
Females: 51-70	12.1 (0.55)	13.6 (0.53)	16.3 (0.45)	19.9 (0.36)	23.9 (0.40)	28.2 (0.68)	30.9 (0.93)
Females: 71 and over	10.0 (0.37)	11.5 (0.35)	14.1 (0.34)	17.6 (0.37)	21.6 (0.44)	25.6 (0.55)	28.3 (0.66)
Females: 50 and over	11.3 (0.43)	12.8 (0.40)	15.6 (0.34)	19.2 (0.28)	23.3 (0.32)	27.6 (0.52)	30.4 (0.70)
Females: 19 and over	12.2 (0.38)	13.7 (0.35)	16.5 (0.28)	20.1 (0.22)	24.1 (0.24)	28.2 (0.37)	30.9 (0.48)
All individuals 1 and over	12.5 (0.24)	14.4 (0.23)	18.1 (0.21)	23.1 (0.20)	29.2 (0.24)	35.5 (0.37)	39.5 (0.47)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Vitamin B6 (mg/day)

Vitamin B6 (mg/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	0.81 (0.051)	0.91 (0.045)	1.09 (0.033)	1.32 (0.029)	1.57 (0.043)	1.82 (0.072)	1.98 (0.094)
Males: 4-8	0.99 (0.035)	1.09 (0.030)	1.28 (0.025)	1.52 (0.024)	1.80 (0.036)	2.08 (0.057)	2.27 (0.076)
Males: 9-13	1.18 (0.092)	1.31 (0.084)	1.54 (0.073)	1.84 (0.071)	2.19 (0.098)	2.56 (0.148)	2.80 (0.191)
Males: 14-18	1.27 (0.116)	1.44 (0.106)	1.77 (0.086)	2.20 (0.079)	2.72 (0.125)	3.27 (0.215)	3.62 (0.282)
Males: 19-30	1.34 (0.121)	1.54 (0.115)	1.94 (0.102)	2.47 (0.088)	3.11 (0.104)	3.78 (0.153)	4.23 (0.196)
Males: 31-50	1.35 (0.050)	1.56 (0.045)	1.95 (0.037)	2.46 (0.037)	3.06 (0.061)	3.70 (0.097)	4.12 (0.126)
Males: 19-50	1.34 (0.060)	1.55 (0.056)	1.94 (0.050)	2.46 (0.042)	3.08 (0.045)	3.72 (0.066)	4.16 (0.086)
Males: 51-70	1.19 (0.040)	1.37 (0.041)	1.71 (0.042)	2.16 (0.041)	2.68 (0.051)	3.23 (0.074)	3.57 (0.097)
Males: 71 and over	1.05 (0.039)	1.21 (0.037)	1.51 (0.033)	1.92 (0.036)	2.41 (0.057)	2.95 (0.098)	3.31 (0.134)
Males: 50 and over	1.15 (0.034)	1.32 (0.035)	1.66 (0.035)	2.10 (0.036)	2.62 (0.045)	3.16 (0.065)	3.52 (0.083)
Males: 19 and over	1.27 (0.040)	1.46 (0.039)	1.83 (0.035)	2.32 (0.031)	2.91 (0.032)	3.52 (0.047)	3.93 (0.060)
Females: 1-3	0.69 (0.037)	0.77 (0.035)	0.95 (0.033)	1.17 (0.036)	1.43 (0.050)	1.71 (0.074)	1.90 (0.091)
Females: 4-8	0.85 (0.035)	0.96 (0.032)	1.16 (0.029)	1.43 (0.027)	1.73 (0.035)	2.04 (0.056)	2.24 (0.076)
Females: 9-13	0.99 (0.074)	1.09 (0.069)	1.30 (0.057)	1.55 (0.049)	1.84 (0.053)	2.14 (0.077)	2.32 (0.098)
Females: 14-18	0.89 (0.087)	1.00 (0.079)	1.23 (0.068)	1.52 (0.059)	1.85 (0.069)	2.19 (0.098)	2.42 (0.123)
Females: 19-30	0.99 (0.067)	1.11 (0.062)	1.34 (0.053)	1.63 (0.053)	1.98 (0.077)	2.35 (0.120)	2.58 (0.151)
Females: 31-50	0.93 (0.058)	1.07 (0.054)	1.32 (0.045)	1.64 (0.037)	2.01 (0.043)	2.40 (0.066)	2.65 (0.085)
Females: 19-50	0.94 (0.046)	1.07 (0.043)	1.32 (0.039)	1.63 (0.035)	2.00 (0.038)	2.39 (0.051)	2.64 (0.064)
Females: 51-70	0.91 (0.038)	1.04 (0.038)	1.30 (0.037)	1.65 (0.038)	2.06 (0.051)	2.51 (0.079)	2.81 (0.103)
Females: 71 and over	0.82 (0.031)	0.95 (0.030)	1.19 (0.030)	1.51 (0.035)	1.90 (0.051)	2.31 (0.075)	2.59 (0.097)
Females: 50 and over	0.87 (0.031)	1.00 (0.031)	1.26 (0.030)	1.60 (0.029)	2.01 (0.036)	2.45 (0.055)	2.75 (0.072)
Females: 19 and over	0.91 (0.035)	1.04 (0.034)	1.29 (0.030)	1.62 (0.027)	2.01 (0.029)	2.42 (0.039)	2.70 (0.049)
All individuals 1 and over	0.96 (0.022)	1.11 (0.022)	1.42 (0.022)	1.84 (0.022)	2.36 (0.024)	2.90 (0.029)	3.27 (0.034)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Folate (μ g DFE/day)

Folate (μ g DFE/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	198 (13.0)	227 (12.6)	285 (11.9)	360 (12.9)	448 (17.1)	540 (25.1)	600 (31.8)
Males: 4-8	304 (21.7)	337 (19.4)	400 (14.8)	482 (11.3)	579 (18.2)	682 (32.8)	751 (45.2)
Males: 9-13	326 (25.7)	369 (22.7)	451 (18.2)	558 (19.4)	682 (32.7)	810 (53.1)	896 (69.1)
Males: 14-18	324 (23.7)	372 (23.7)	470 (23.0)	602 (25.3)	767 (35.0)	952 (54.9)	1076 (70.2)
Males: 19-30	366 (29.7)	418 (28.1)	517 (24.9)	647 (22.4)	800 (26.7)	959 (39.6)	1064 (50.5)
Males: 31-50	330 (14.5)	382 (13.6)	483 (12.8)	617 (15.3)	780 (23.8)	955 (35.6)	1069 (44.5)
Males: 19-50	342 (12.0)	395 (11.5)	496 (11.3)	630 (13.3)	787 (19.3)	952 (28.1)	1065 (35.4)
Males: 51-70	312 (12.5)	357 (12.8)	444 (12.8)	560 (11.7)	698 (11.9)	848 (17.4)	945 (23.3)
Males: 71 and over	267 (11.9)	310 (12.0)	399 (12.6)	521 (13.8)	672 (16.8)	841 (23.5)	957 (29.9)
Males: 50 and over	299 (10.2)	344 (10.7)	434 (10.4)	552 (10.1)	693 (11.0)	846 (16.3)	949 (22.2)
Males: 19 and over	325 (8.7)	375 (8.6)	470 (8.7)	599 (9.9)	753 (13.2)	915 (18.7)	1025 (22.8)
Females: 1-3	187 (9.3)	213 (9.2)	265 (9.0)	334 (10.1)	419 (13.2)	514 (19.0)	578 (23.5)
Females: 4-8	268 (20.2)	299 (18.3)	359 (14.3)	437 (10.8)	528 (16.1)	625 (29.5)	687 (39.8)
Females: 9-13	290 (29.7)	326 (27.7)	399 (23.2)	497 (19.6)	614 (24.3)	743 (40.4)	828 (53.9)
Females: 14-18	235 (22.9)	275 (22.6)	356 (22.1)	465 (22.8)	595 (28.1)	738 (39.9)	837 (50.1)
Females: 19-30	275 (21.8)	309 (19.2)	372 (14.3)	454 (8.7)	548 (13.4)	646 (26.1)	708 (35.2)
Females: 31-50	246 (14.1)	284 (13.5)	358 (12.3)	455 (12.6)	574 (18.5)	702 (29.3)	785 (37.5)
Females: 19-50	256 (11.6)	292 (10.8)	363 (9.7)	455 (10.1)	565 (15.0)	681 (23.9)	758 (30.7)
Females: 51-70	245 (9.1)	281 (8.7)	352 (8.2)	446 (10.7)	558 (17.2)	682 (26.4)	765 (33.3)
Females: 71 and over	217 (8.3)	252 (8.1)	322 (8.3)	419 (9.8)	541 (13.7)	678 (21.1)	773 (27.9)
Females: 50 and over	235 (7.0)	271 (6.9)	342 (6.9)	438 (8.4)	554 (12.2)	681 (17.8)	768 (22.2)
Females: 19 and over	247 (8.4)	283 (8.0)	354 (7.4)	447 (7.6)	561 (10.4)	683 (16.0)	765 (20.9)
All individuals 1 and over	264 (4.8)	307 (4.7)	392 (4.8)	506 (5.5)	647 (8.2)	797 (12.4)	899 (15.7)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

Folate measured in Dietary Folate Equivalents (DFE).

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Food folate (µg/day)

Food folate (µg/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	62 (4.0)	72 (3.6)	91 (2.8)	117 (2.6)	146 (3.5)	176 (5.7)	196 (7.4)
Males: 4-8	87 (4.9)	98 (4.3)	116 (3.0)	140 (2.5)	167 (4.0)	194 (6.5)	211 (8.3)
Males: 9-13	104 (5.3)	115 (4.8)	137 (4.0)	164 (4.9)	196 (8.0)	228 (12.2)	249 (15.6)
Males: 14-18	119 (11.8)	132 (10.9)	156 (9.0)	187 (7.1)	224 (7.8)	262 (12.6)	286 (16.7)
Males: 19-30	131 (7.6)	150 (6.9)	187 (5.9)	234 (6.1)	290 (9.4)	347 (14.5)	383 (18.4)
Males: 31-50	135 (6.9)	157 (6.4)	198 (5.8)	252 (6.6)	317 (10.7)	386 (16.9)	430 (21.6)
Males: 19-50	132 (5.4)	153 (5.1)	193 (4.7)	246 (5.5)	307 (8.3)	371 (12.5)	414 (16.0)
Males: 51-70	136 (6.4)	156 (6.1)	194 (5.3)	243 (4.4)	301 (5.3)	362 (8.7)	401 (11.4)
Males: 71 and over	108 (3.1)	123 (3.1)	153 (3.3)	193 (4.4)	243 (6.7)	297 (10.3)	334 (12.7)
Males: 50 and over	127 (4.4)	146 (4.3)	183 (3.9)	232 (3.7)	288 (4.5)	347 (6.9)	387 (9.0)
Males: 19 and over	130 (3.8)	150 (3.7)	189 (3.7)	240 (4.1)	300 (5.7)	363 (8.2)	404 (10.0)
Females: 1-3	60 (6.0)	69 (5.1)	89 (3.5)	112 (3.1)	140 (5.1)	168 (8.3)	187 (10.2)
Females: 4-8	79 (5.0)	88 (4.3)	106 (3.1)	129 (2.7)	155 (4.6)	182 (8.2)	199 (10.7)
Females: 9-13	90 (5.3)	100 (4.8)	119 (3.9)	143 (3.7)	171 (5.1)	200 (8.0)	218 (10.2)
Females: 14-18	88 (9.6)	99 (9.0)	119 (7.8)	145 (6.1)	174 (5.4)	204 (7.0)	223 (9.0)
Females: 19-30	91 (9.8)	105 (8.6)	131 (6.4)	165 (3.9)	204 (5.4)	244 (10.1)	270 (13.6)
Females: 31-50	96 (5.8)	112 (5.8)	144 (5.6)	185 (5.5)	236 (7.1)	291 (10.8)	326 (14.1)
Females: 19-50	92 (5.5)	108 (5.1)	138 (4.4)	178 (4.0)	225 (5.6)	275 (8.9)	308 (11.7)
Females: 51-70	110 (4.8)	126 (4.7)	158 (4.6)	199 (4.7)	248 (5.9)	301 (8.5)	336 (10.6)
Females: 71 and over	93 (4.5)	106 (4.0)	131 (3.2)	164 (3.2)	203 (5.0)	245 (8.0)	272 (10.3)
Females: 50 and over	103 (3.3)	119 (3.2)	149 (3.3)	188 (3.8)	235 (5.1)	286 (7.2)	320 (8.9)
Females: 19 and over	97 (3.6)	112 (3.4)	142 (3.1)	182 (3.1)	230 (4.0)	280 (5.9)	314 (7.6)
All individuals 1 and over	94 (2.2)	111 (2.2)	145 (2.3)	191 (2.8)	247 (3.7)	305 (5.2)	343 (6.4)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

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Choline (mg/day)

Choline (mg/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	115 (8.8)	132 (7.8)	166 (5.9)	208 (5.6)	257 (7.8)	307 (12.3)	339 (15.4)
Males: 4-8	156 (7.0)	170 (6.3)	196 (5.1)	228 (4.4)	266 (6.1)	305 (10.2)	331 (13.6)
Males: 9-13	190 (10.5)	206 (8.9)	235 (6.8)	270 (6.6)	309 (10.4)	347 (15.9)	371 (20.2)
Males: 14-18	195 (16.5)	220 (15.4)	266 (12.9)	324 (10.5)	392 (11.6)	462 (18.1)	506 (23.5)
Males: 19-30	222 (12.1)	252 (10.7)	308 (8.8)	381 (9.0)	464 (14.1)	548 (21.5)	603 (26.8)
Males: 31-50	250 (9.4)	282 (8.4)	342 (6.9)	418 (6.4)	505 (9.1)	595 (13.9)	652 (17.9)
Males: 19-50	237 (7.9)	269 (7.2)	329 (6.2)	404 (6.1)	490 (8.3)	577 (12.0)	635 (15.0)
Males: 51-70	225 (6.4)	255 (6.0)	312 (5.9)	384 (6.0)	466 (7.1)	551 (10.0)	604 (12.5)
Males: 71 and over	202 (6.5)	224 (6.5)	267 (6.5)	320 (8.0)	380 (11.2)	442 (15.8)	482 (19.2)
Males: 50 and over	215 (5.1)	244 (5.0)	299 (4.9)	368 (5.1)	447 (6.0)	527 (8.0)	579 (10.0)
Males: 19 and over	229 (4.6)	259 (4.3)	316 (4.0)	390 (4.2)	474 (5.5)	560 (7.5)	616 (9.0)
Females: 1-3	126 (5.2)	139 (4.9)	167 (4.6)	202 (4.8)	243 (6.3)	289 (9.4)	319 (11.6)
Females: 4-8	148 (6.9)	161 (6.2)	186 (5.1)	217 (4.7)	250 (6.1)	284 (8.9)	305 (11.0)
Females: 9-13	156 (11.1)	170 (10.0)	196 (7.9)	228 (6.5)	262 (8.8)	297 (13.9)	319 (17.6)
Females: 14-18	138 (11.2)	154 (10.6)	183 (8.8)	221 (6.9)	262 (7.1)	305 (10.9)	333 (14.7)
Females: 19-30	159 (7.6)	176 (7.0)	207 (6.1)	245 (6.1)	289 (8.0)	333 (11.3)	360 (13.6)
Females: 31-50	166 (8.6)	186 (7.9)	223 (6.4)	269 (5.3)	321 (6.6)	374 (10.0)	406 (12.7)
Females: 19-50	162 (6.2)	181 (5.6)	216 (4.7)	260 (4.3)	310 (5.8)	360 (8.9)	392 (11.0)
Females: 51-70	161 (6.7)	181 (6.3)	218 (5.8)	265 (6.3)	320 (8.7)	378 (12.6)	415 (15.4)
Females: 71 and over	143 (3.6)	160 (3.3)	193 (3.0)	235 (4.0)	282 (6.2)	329 (8.9)	360 (10.9)
Females: 50 and over	154 (4.8)	173 (4.4)	209 (4.0)	256 (4.3)	309 (6.1)	365 (9.2)	401 (11.4)
Females: 19 and over	158 (5.0)	177 (4.5)	213 (3.6)	259 (3.5)	310 (5.2)	362 (7.9)	397 (10.0)
All individuals 1 and over	160 (3.2)	184 (3.0)	230 (2.7)	294 (3.0)	373 (4.2)	455 (6.2)	508 (7.7)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

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Vitamin B12 ($\mu\text{g}/\text{day}$)

Vitamin B12 ($\mu\text{g}/\text{day}$): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	2.08 (0.180)	2.47 (0.176)	3.24 (0.160)	4.22 (0.147)	5.33 (0.151)	6.47 (0.191)	7.19 (0.236)
Males: 4-8	2.61 (0.139)	2.98 (0.125)	3.68 (0.109)	4.57 (0.109)	5.60 (0.148)	6.65 (0.224)	7.34 (0.286)
Males: 9-13	3.31 (0.331)	3.71 (0.300)	4.45 (0.245)	5.39 (0.201)	6.44 (0.240)	7.50 (0.365)	8.19 (0.477)
Males: 14-18	3.30 (0.322)	3.85 (0.296)	4.96 (0.230)	6.40 (0.172)	8.14 (0.264)	10.01 (0.503)	11.22 (0.680)
Males: 19-30	2.94 (0.339)	3.48 (0.324)	4.55 (0.280)	6.04 (0.219)	7.88 (0.262)	9.89 (0.465)	11.25 (0.635)
Males: 31-50	3.19 (0.160)	3.76 (0.150)	4.86 (0.136)	6.36 (0.168)	8.20 (0.295)	10.20 (0.482)	11.51 (0.624)
Males: 19-50	3.09 (0.160)	3.65 (0.156)	4.75 (0.147)	6.25 (0.147)	8.07 (0.195)	10.03 (0.300)	11.39 (0.394)
Males: 51-70	2.61 (0.124)	3.13 (0.125)	4.18 (0.133)	5.65 (0.156)	7.48 (0.235)	9.52 (0.368)	10.88 (0.471)
Males: 71 and over	2.59 (0.206)	3.03 (0.207)	3.97 (0.198)	5.28 (0.209)	6.97 (0.323)	8.91 (0.564)	10.28 (0.787)
Males: 50 and over	2.61 (0.111)	3.11 (0.113)	4.15 (0.114)	5.59 (0.141)	7.38 (0.219)	9.38 (0.353)	10.75 (0.463)
Males: 19 and over	2.90 (0.112)	3.44 (0.111)	4.50 (0.108)	5.98 (0.119)	7.83 (0.165)	9.83 (0.254)	11.22 (0.331)
Females: 1-3	2.24 (0.105)	2.59 (0.106)	3.30 (0.111)	4.22 (0.141)	5.32 (0.197)	6.51 (0.283)	7.29 (0.345)
Females: 4-8	2.12 (0.151)	2.48 (0.137)	3.19 (0.115)	4.13 (0.098)	5.21 (0.125)	6.34 (0.201)	7.06 (0.259)
Females: 9-13	2.27 (0.174)	2.63 (0.164)	3.35 (0.149)	4.30 (0.153)	5.38 (0.204)	6.51 (0.298)	7.23 (0.373)
Females: 14-18	1.85 (0.280)	2.18 (0.261)	2.87 (0.205)	3.79 (0.156)	4.90 (0.280)	6.13 (0.553)	6.98 (0.778)
Females: 19-30	2.11 (0.222)	2.47 (0.218)	3.17 (0.194)	4.13 (0.154)	5.29 (0.144)	6.55 (0.235)	7.36 (0.330)
Females: 31-50	2.19 (0.138)	2.55 (0.129)	3.26 (0.107)	4.21 (0.090)	5.39 (0.145)	6.69 (0.265)	7.54 (0.358)
Females: 19-50	2.17 (0.126)	2.52 (0.118)	3.24 (0.096)	4.19 (0.072)	5.36 (0.103)	6.63 (0.198)	7.49 (0.280)
Females: 51-70	1.93 (0.105)	2.29 (0.101)	3.02 (0.096)	4.03 (0.117)	5.30 (0.190)	6.74 (0.303)	7.71 (0.391)
Females: 71 and over	1.77 (0.118)	2.13 (0.116)	2.87 (0.110)	3.92 (0.121)	5.25 (0.194)	6.74 (0.320)	7.78 (0.429)
Females: 50 and over	1.88 (0.076)	2.23 (0.073)	2.97 (0.070)	3.99 (0.080)	5.29 (0.133)	6.74 (0.222)	7.74 (0.293)
Females: 19 and over	2.04 (0.071)	2.40 (0.069)	3.12 (0.064)	4.10 (0.067)	5.34 (0.094)	6.70 (0.146)	7.64 (0.195)
All individuals 1 and over	2.29 (0.050)	2.73 (0.050)	3.62 (0.052)	4.86 (0.057)	6.43 (0.077)	8.15 (0.112)	9.33 (0.143)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Vitamin C (mg/day) - all individuals

Vitamin C (mg/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	29.5 (4.26)	37.7 (4.24)	56.1 (3.85)	83.3 (3.61)	119.2 (5.78)	161.4 (11.02)	190.7 (15.40)
Males: 4-8	37.2 (5.18)	44.7 (5.04)	59.9 (4.66)	80.7 (3.84)	106.4 (3.59)	134.4 (5.35)	153.4 (7.26)
Males: 9-13	24.6 (4.29)	31.4 (4.54)	46.2 (4.86)	68.2 (5.24)	97.0 (6.52)	130.1 (9.42)	153.7 (12.36)
Males: 14-18	24.3 (2.94)	31.7 (3.05)	48.9 (3.13)	75.2 (3.85)	112.3 (6.88)	157.8 (12.73)	190.3 (17.59)
Males: 19-30	28.0 (4.10)	36.6 (4.25)	55.6 (4.27)	85.3 (4.54)	126.8 (7.23)	176.3 (12.78)	212.1 (17.65)
Males: 31-50	22.7 (2.27)	31.0 (2.58)	49.9 (3.02)	80.1 (3.62)	123.5 (5.17)	177.1 (8.19)	215.5 (10.97)
Males: 19-50	24.4 (2.00)	32.8 (2.24)	52.0 (2.63)	82.2 (3.06)	124.5 (3.94)	175.5 (5.89)	214.1 (7.80)
Males: 51-70	25.5 (2.79)	33.5 (2.94)	51.2 (2.88)	78.1 (2.77)	114.3 (3.90)	157.3 (7.05)	186.9 (9.72)
Males: 71 and over	22.4 (1.56)	30.3 (1.74)	48.4 (2.26)	76.1 (3.17)	113.8 (4.95)	158.1 (7.73)	189.6 (9.82)
Males: 50 and over	24.6 (2.19)	32.5 (2.34)	50.7 (2.37)	77.8 (2.37)	114.3 (3.43)	156.9 (5.96)	187.5 (8.23)
Males: 19 and over	24.7 (1.40)	32.8 (1.58)	51.3 (1.83)	80.3 (2.19)	120.8 (2.89)	169.3 (4.43)	204.6 (5.82)
Females: 1-3	21.5 (2.25)	29.1 (2.62)	47.2 (3.20)	75.3 (3.90)	115.1 (5.44)	164.7 (9.16)	200.3 (12.69)
Females: 4-8	37.8 (5.17)	44.5 (5.02)	58.2 (4.62)	76.9 (4.17)	99.7 (4.97)	124.5 (7.71)	140.7 (9.99)
Females: 9-13	21.2 (2.76)	26.9 (2.89)	40.3 (2.97)	60.8 (3.18)	88.6 (4.54)	122.5 (8.19)	146.3 (11.33)
Females: 14-18	28.1 (5.51)	34.5 (5.52)	48.3 (5.23)	67.9 (4.54)	92.5 (5.12)	121.0 (8.65)	141.3 (12.33)
Females: 19-30	21.7 (2.81)	28.4 (3.03)	43.1 (3.20)	66.0 (3.38)	97.6 (4.45)	135.2 (7.38)	161.5 (10.33)
Females: 31-50	18.4 (1.95)	25.0 (2.28)	40.1 (2.83)	64.0 (3.50)	98.0 (4.71)	140.1 (6.66)	169.7 (8.57)
Females: 19-50	19.5 (1.72)	26.1 (1.94)	41.2 (2.40)	64.7 (2.94)	97.7 (3.83)	137.7 (5.32)	166.7 (6.74)
Females: 51-70	25.1 (2.86)	32.8 (3.15)	49.8 (3.60)	75.4 (3.83)	109.4 (4.12)	150.0 (5.01)	178.4 (6.18)
Females: 71 and over	22.0 (1.62)	29.1 (1.71)	44.6 (1.77)	67.7 (1.94)	98.0 (2.96)	132.5 (5.08)	156.6 (6.92)
Females: 50 and over	24.2 (1.92)	31.6 (2.05)	48.1 (2.32)	72.9 (2.55)	105.9 (3.16)	144.5 (4.35)	171.6 (5.42)
Females: 19 and over	21.1 (1.28)	28.1 (1.46)	43.8 (1.76)	68.1 (2.18)	101.8 (2.91)	141.9 (4.14)	170.9 (5.25)
All individuals 1 and over	23.5 (0.99)	31.0 (1.14)	47.7 (1.39)	73.7 (1.69)	109.2 (2.14)	151.1 (2.81)	181.6 (3.50)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

All individuals.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Vitamin C (mg/day) - smokers

SMOKERS: Vitamin C (mg/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups for smokers in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 20-30	21.5* (7.72)	29.2 (8.07)	47.0 (8.00)	76.6 (7.36)	120.5 (11.40)	175.8 (23.65)	217.4* (35.28)
Males: 31-50	18.4 (4.74)	24.6 (5.05)	38.8 (5.21)	61.5 (5.17)	94.2 (6.99)	135.1 (12.74)	164.6 (18.22)
Males: 20-50	19.3 (3.97)	26.1 (4.32)	41.8 (4.62)	67.2 (4.77)	103.7 (6.27)	149.9 (11.29)	184.9 (16.24)
Males: 51-70	20.5 (4.11)	26.8 (4.35)	40.9 (4.52)	62.9 (5.02)	93.3 (7.52)	130.6 (12.74)	156.8 (17.36)
Males: 71 and over	10.0* (3.74)	14.5* (4.20)	25.7* (4.70)	44.0 (5.27)	70.5* (7.39)	103.2* (12.40)	127.1* (17.20)
Males: 50 and over	18.5 (3.45)	24.5 (3.70)	38.3 (3.85)	59.8 (4.28)	89.6 (6.41)	125.8 (10.88)	152.4 (14.92)
Males: 20 and over	19.4 (3.07)	25.9 (3.27)	40.9 (3.44)	65.3 (3.75)	100.3 (5.61)	144.0 (10.07)	176.7 (14.18)
Females: 20-30	18.0* (5.33)	22.2 (5.42)	31.0 (5.20)	44.2 (4.76)	61.6 (6.23)	81.9 (11.47)	95.9* (16.43)
Females: 31-50	13.6 (2.95)	18.6 (3.27)	30.3 (3.72)	49.3 (4.49)	77.2 (7.15)	112.9 (12.62)	138.7 (17.48)
Females: 20-50	15.0 (2.83)	19.7 (2.98)	30.5 (3.01)	47.3 (3.20)	71.1 (5.28)	100.4 (10.14)	122.2 (14.71)
Females: 51-70	12.2* (3.43)	17.4 (4.08)	30.6 (5.26)	53.1 (6.85)	86.8 (10.15)	131.3 (16.86)	164.8* (23.03)
Females: 71 and over	11.4* (3.79)	16.6* (4.44)	29.0* (5.50)	48.6 (7.12)	75.5* (10.41)	106.8* (16.68)	128.9* (22.40)
Females: 50 and over	12.4* (2.94)	17.8 (3.41)	31.0 (4.18)	53.4 (5.05)	86.8 (7.25)	129.8 (12.45)	162.6* (17.51)
Females: 20 and over	14.6 (1.91)	19.7 (2.07)	31.5 (2.22)	50.8 (2.55)	79.1 (4.43)	114.5 (8.46)	141.3 (12.18)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

* Estimate may be less reliable than others due to small sample size and/or large relative standard error. Smoking status determined by self-reported cigarette use. Available for those 20 years and older.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Vitamin C (mg/day) - non-smokers

NON-SMOKERS: Vitamin C (mg/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups for non-smokers in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 20-30	31.4 (5.98)	40.4 (6.02)	59.7 (5.65)	89.2 (5.38)	129.1 (8.22)	175.5 (14.89)	208.5 (20.69)
Males: 31-50	26.1 (2.65)	35.1 (2.93)	55.5 (3.28)	87.7 (3.86)	133.1 (5.83)	188.5 (9.76)	227.8 (13.31)
Males: 20-50	27.4 (2.37)	36.5 (2.55)	56.8 (2.68)	88.1 (2.85)	131.2 (4.04)	182.5 (6.99)	220.7 (9.81)
Males: 51-70	27.8 (3.05)	36.3 (3.14)	54.7 (3.01)	82.3 (2.85)	119.0 (4.14)	161.8 (7.54)	191.0 (10.32)
Males: 71 and over	24.3 (1.67)	32.4 (1.87)	51.0 (2.50)	79.1 (3.48)	116.9 (5.26)	161.1 (7.96)	192.4 (9.96)
Males: 50 and over	26.7 (2.32)	35.0 (2.44)	53.9 (2.44)	81.7 (2.50)	118.5 (3.69)	161.0 (6.43)	191.2 (8.74)
Males: 20 and over	27.3 (1.65)	36.0 (1.77)	55.3 (1.83)	85.1 (1.96)	125.8 (2.77)	173.9 (4.86)	208.6 (6.73)
Females: 20-30	26.3 (3.45)	33.9 (3.70)	50.4 (3.91)	75.3 (4.12)	108.9 (5.01)	148.2 (7.91)	175.3 (10.97)
Females: 31-50	21.9 (2.60)	29.0 (2.87)	44.9 (3.25)	69.5 (3.66)	103.5 (4.74)	144.6 (7.04)	173.1 (9.41)
Females: 20-50	23.2 (2.35)	30.5 (2.57)	46.8 (2.96)	71.4 (3.25)	105.2 (3.86)	145.2 (5.35)	174.1 (6.90)
Females: 51-70	29.4 (3.27)	37.3 (3.50)	54.4 (3.80)	79.5 (3.90)	112.3 (4.23)	150.8 (5.63)	177.5 (7.33)
Females: 71 and over	22.9 (1.67)	30.1 (1.75)	45.8 (1.77)	69.0 (1.85)	99.3 (2.82)	133.6 (4.92)	157.6 (6.76)
Females: 50 and over	27.3 (2.01)	34.9 (2.11)	51.5 (2.31)	76.1 (2.52)	108.1 (3.23)	145.3 (4.72)	171.3 (6.07)
Females: 20 and over	24.8 (1.62)	32.3 (1.78)	48.6 (2.02)	73.1 (2.34)	106.4 (2.97)	145.2 (4.20)	173.0 (5.29)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

Smoking status determined by self-reported cigarette use. Available for those 20 years and older.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Vitamin C (mg/day) - adults, smokers and non-smokers

SMOKERS and NON-SMOKERS: Vitamin C (mg/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups for smokers and non-smokers in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 20-30	27.2 (4.71)	35.7 (4.87)	54.8 (4.82)	84.7 (4.79)	126.6 (7.33)	176.8 (13.43)	213.2 (18.88)
Males: 31-50	22.7 (2.27)	30.9 (2.58)	49.8 (3.02)	80.1 (3.62)	123.5 (5.16)	177.1 (8.19)	215.5 (10.97)
Males: 20-50	24.1 (2.02)	32.5 (2.28)	51.6 (2.67)	81.8 (3.05)	124.2 (3.89)	175.5 (5.87)	214.4 (7.86)
Males: 51-70	25.5 (2.79)	33.5 (2.94)	51.2 (2.88)	78.1 (2.77)	114.3 (3.90)	157.3 (7.05)	186.9 (9.72)
Males: 71 and over	22.4 (1.56)	30.3 (1.74)	48.4 (2.26)	76.1 (3.17)	113.8 (4.95)	158.1 (7.73)	189.6 (9.82)
Males: 50 and over	24.6 (2.19)	32.5 (2.34)	50.7 (2.37)	77.8 (2.37)	114.3 (3.43)	156.9 (5.96)	187.5 (8.23)
Males: 20 and over	24.4 (1.42)	32.6 (1.61)	51.0 (1.85)	80.0 (2.18)	120.5 (2.80)	169.1 (4.28)	204.4 (5.66)
Females: 20-30	21.2 (2.96)	27.8 (3.19)	42.4 (3.40)	64.9 (3.66)	96.1 (4.83)	133.3 (7.94)	159.3 (11.03)
Females: 31-50	18.4 (1.95)	25.0 (2.28)	40.1 (2.83)	64.0 (3.50)	98.0 (4.71)	140.1 (6.66)	169.7 (8.57)
Females: 20-50	19.2 (1.71)	25.8 (1.92)	40.9 (2.38)	64.2 (2.91)	97.1 (3.80)	136.9 (5.32)	165.9 (6.76)
Females: 51-70	25.1 (2.86)	32.8 (3.15)	49.8 (3.60)	75.4 (3.83)	109.4 (4.12)	150.0 (5.01)	178.4 (6.18)
Females: 71 and over	22.0 (1.62)	29.1 (1.71)	44.6 (1.77)	67.7 (1.94)	98.0 (2.96)	132.5 (5.08)	156.6 (6.92)
Females: 50 and over	24.2 (1.92)	31.6 (2.05)	48.1 (2.32)	72.9 (2.55)	105.9 (3.16)	144.5 (4.35)	171.6 (5.42)
Females: 20 and over	21.0 (1.25)	27.9 (1.44)	43.5 (1.74)	67.8 (2.17)	101.4 (2.91)	141.3 (4.15)	170.4 (5.25)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

Smoking status determined by self-reported cigarette use. Available for those 20 years and older.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Vitamin D ($\mu\text{g}/\text{day}$)

Vitamin D ($\mu\text{g}/\text{day}$): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	2.5 (0.27)	3.3 (0.28)	4.9 (0.28)	7.2 (0.26)	9.8 (0.30)	12.6 (0.43)	14.4 (0.56)
Males: 4-8	2.7 (0.22)	3.3 (0.21)	4.4 (0.17)	6.0 (0.15)	7.7 (0.20)	9.5 (0.33)	10.7 (0.43)
Males: 9-13	2.4 (0.30)	2.9 (0.30)	4.1 (0.29)	5.7 (0.28)	7.7 (0.31)	9.7 (0.43)	11.1 (0.56)
Males: 14-18	2.2 (0.26)	2.8 (0.27)	4.1 (0.27)	5.9 (0.28)	8.2 (0.38)	10.8 (0.61)	12.6 (0.79)
Males: 19-30	1.5 (0.14)	2.0 (0.16)	3.0 (0.17)	4.6 (0.19)	6.8 (0.24)	9.3 (0.36)	11.2 (0.48)
Males: 31-50	1.7 (0.13)	2.2 (0.14)	3.3 (0.15)	4.8 (0.20)	7.0 (0.34)	9.6 (0.57)	11.4 (0.76)
Males: 19-50	1.6 (0.08)	2.1 (0.09)	3.2 (0.10)	4.8 (0.14)	6.9 (0.24)	9.4 (0.39)	11.3 (0.54)
Males: 51-70	1.7 (0.10)	2.2 (0.11)	3.2 (0.12)	4.8 (0.15)	7.0 (0.20)	9.7 (0.32)	11.6 (0.43)
Males: 71 and over	1.8 (0.18)	2.3 (0.18)	3.3 (0.18)	4.8 (0.19)	6.8 (0.28)	9.0 (0.46)	10.7 (0.62)
Males: 50 and over	1.7 (0.09)	2.2 (0.09)	3.2 (0.10)	4.8 (0.11)	6.9 (0.15)	9.5 (0.25)	11.4 (0.34)
Males: 19 and over	1.7 (0.06)	2.1 (0.07)	3.2 (0.08)	4.8 (0.10)	6.9 (0.15)	9.5 (0.24)	11.4 (0.32)
Females: 1-3	2.8 (0.21)	3.6 (0.22)	5.2 (0.21)	7.2 (0.25)	9.6 (0.34)	12.2 (0.50)	13.9 (0.61)
Females: 4-8	2.3 (0.26)	2.8 (0.24)	3.9 (0.21)	5.2 (0.19)	6.8 (0.22)	8.4 (0.34)	9.4 (0.43)
Females: 9-13	1.8 (0.23)	2.2 (0.22)	3.2 (0.21)	4.5 (0.19)	6.2 (0.24)	7.9 (0.38)	9.1 (0.49)
Females: 14-18	1.3 (0.23)	1.7 (0.23)	2.5 (0.22)	3.6 (0.21)	5.1 (0.31)	6.9 (0.56)	8.2 (0.78)
Females: 19-30	1.3 (0.15)	1.7 (0.16)	2.4 (0.16)	3.4 (0.16)	4.8 (0.22)	6.3 (0.35)	7.4 (0.47)
Females: 31-50	1.5 (0.12)	1.8 (0.12)	2.5 (0.11)	3.6 (0.10)	5.1 (0.17)	6.7 (0.31)	7.9 (0.42)
Females: 19-50	1.4 (0.08)	1.8 (0.08)	2.5 (0.08)	3.6 (0.09)	5.0 (0.14)	6.6 (0.23)	7.7 (0.30)
Females: 51-70	1.3 (0.10)	1.7 (0.11)	2.5 (0.13)	3.8 (0.16)	5.5 (0.22)	7.5 (0.33)	9.0 (0.41)
Females: 71 and over	1.2 (0.10)	1.6 (0.10)	2.4 (0.10)	3.6 (0.11)	5.3 (0.17)	7.3 (0.30)	8.7 (0.41)
Females: 50 and over	1.3 (0.08)	1.6 (0.08)	2.5 (0.10)	3.7 (0.12)	5.4 (0.16)	7.4 (0.24)	8.9 (0.31)
Females: 19 and over	1.3 (0.05)	1.7 (0.06)	2.5 (0.06)	3.6 (0.08)	5.2 (0.13)	7.0 (0.20)	8.3 (0.26)
All individuals 1 and over	1.5 (0.04)	2.0 (0.04)	3.0 (0.05)	4.4 (0.06)	6.4 (0.09)	8.8 (0.14)	10.5 (0.18)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Vitamin E as alpha-tocopherol (mg/day)

Vitamin E as alpha-tocopherol (mg/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	2.2 (0.20)	2.5 (0.18)	3.2 (0.14)	4.1 (0.12)	5.1 (0.19)	6.2 (0.34)	6.9 (0.45)
Males: 4-8	3.3 (0.13)	3.7 (0.11)	4.4 (0.08)	5.3 (0.09)	6.4 (0.19)	7.5 (0.33)	8.3 (0.44)
Males: 9-13	3.6 (0.25)	4.0 (0.23)	5.0 (0.19)	6.2 (0.25)	7.8 (0.48)	9.4 (0.82)	10.6 (1.11)
Males: 14-18	5.0 (0.58)	5.4 (0.52)	6.3 (0.38)	7.3 (0.28)	8.6 (0.40)	9.9 (0.71)	10.7 (0.95)
Males: 19-30	3.9 (0.27)	4.6 (0.26)	6.0 (0.24)	7.9 (0.23)	10.3 (0.32)	12.8 (0.50)	14.6 (0.66)
Males: 31-50	4.5 (0.26)	5.2 (0.24)	6.7 (0.20)	8.6 (0.25)	11.1 (0.45)	13.7 (0.73)	15.5 (0.94)
Males: 19-50	4.3 (0.21)	5.0 (0.20)	6.4 (0.19)	8.4 (0.21)	10.8 (0.32)	13.3 (0.48)	15.1 (0.63)
Males: 51-70	4.2 (0.22)	4.9 (0.20)	6.3 (0.17)	8.1 (0.14)	10.3 (0.23)	12.7 (0.44)	14.3 (0.60)
Males: 71 and over	3.4 (0.19)	4.0 (0.19)	5.3 (0.20)	7.1 (0.22)	9.4 (0.26)	11.9 (0.34)	13.7 (0.42)
Males: 50 and over	4.0 (0.17)	4.7 (0.16)	6.0 (0.14)	7.9 (0.13)	10.1 (0.19)	12.5 (0.35)	14.2 (0.48)
Males: 19 and over	4.2 (0.13)	4.9 (0.13)	6.3 (0.13)	8.2 (0.15)	10.5 (0.21)	13.1 (0.31)	14.8 (0.39)
Females: 1-3	2.2 (0.14)	2.5 (0.12)	3.1 (0.09)	3.8 (0.08)	4.6 (0.13)	5.5 (0.23)	6.1 (0.31)
Females: 4-8	3.0 (0.12)	3.4 (0.11)	4.1 (0.10)	5.2 (0.12)	6.4 (0.22)	7.7 (0.36)	8.5 (0.47)
Females: 9-13	3.6 (0.37)	4.0 (0.34)	4.8 (0.29)	5.9 (0.24)	7.1 (0.30)	8.5 (0.51)	9.4 (0.70)
Females: 14-18	3.6 (0.67)	4.1 (0.60)	4.9 (0.44)	6.0 (0.30)	7.3 (0.46)	8.6 (0.87)	9.5 (1.20)
Females: 19-30	3.1 (0.28)	3.6 (0.26)	4.7 (0.22)	6.0 (0.20)	7.7 (0.27)	9.5 (0.44)	10.7 (0.58)
Females: 31-50	3.2 (0.21)	3.8 (0.21)	5.0 (0.20)	6.6 (0.22)	8.7 (0.34)	11.0 (0.55)	12.5 (0.70)
Females: 19-50	3.2 (0.18)	3.7 (0.17)	4.9 (0.17)	6.4 (0.18)	8.3 (0.25)	10.4 (0.37)	11.9 (0.47)
Females: 51-70	3.4 (0.11)	4.0 (0.12)	5.2 (0.13)	6.9 (0.15)	9.1 (0.22)	11.8 (0.36)	13.6 (0.47)
Females: 71 and over	3.0 (0.11)	3.5 (0.11)	4.5 (0.12)	5.8 (0.13)	7.5 (0.19)	9.4 (0.28)	10.6 (0.36)
Females: 50 and over	3.2 (0.07)	3.8 (0.08)	4.9 (0.08)	6.6 (0.10)	8.7 (0.16)	11.1 (0.26)	12.8 (0.35)
Females: 19 and over	3.2 (0.11)	3.7 (0.11)	4.9 (0.11)	6.5 (0.12)	8.5 (0.16)	10.7 (0.24)	12.3 (0.31)
All individuals 1 and over	3.3 (0.08)	3.9 (0.08)	5.1 (0.09)	6.8 (0.10)	8.9 (0.13)	11.2 (0.18)	12.8 (0.23)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Vitamin K (µg/day)

Vitamin K (µg/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	16.5 (1.16)	19.5 (1.10)	25.8 (1.01)	34.6 (1.27)	45.8 (2.34)	58.7 (4.17)	67.6 (5.62)
Males: 4-8	22.4 (1.74)	26.2 (1.57)	34.1 (1.21)	45.7 (1.64)	61.1 (3.78)	79.4 (7.11)	92.8 (9.97)
Males: 9-13	34.0 (4.76)	37.5 (4.42)	44.3 (3.79)	53.3 (3.46)	63.9 (4.64)	75.3 (7.29)	83.1 (9.66)
Males: 14-18	36.7 (5.81)	41.2 (5.40)	50.3 (4.56)	62.4 (4.07)	77.5 (5.62)	94.4 (9.36)	105.8 (12.50)
Males: 19-30	36.1 (4.66)	43.0 (4.37)	56.9 (3.65)	76.8 (3.41)	102.6 (6.17)	131.7 (11.48)	152.0 (15.82)
Males: 31-50	36.9 (2.40)	45.0 (2.50)	62.4 (2.72)	88.8 (3.86)	125.7 (6.90)	171.4 (12.14)	204.5 (16.60)
Males: 19-50	36.1 (2.14)	43.9 (2.15)	60.2 (2.24)	84.5 (3.03)	117.1 (5.32)	155.9 (9.05)	185.0 (12.32)
Males: 51-70	43.7 (3.69)	52.3 (3.84)	70.3 (3.92)	96.9 (4.04)	132.6 (5.24)	176.0 (8.78)	206.6 (12.20)
Males: 71 and over	34.9 (2.56)	41.6 (2.78)	56.2 (3.17)	78.0 (3.75)	108.2 (4.94)	145.5 (7.12)	173.4 (9.06)
Males: 50 and over	41.2 (3.08)	49.2 (3.26)	66.6 (3.40)	92.3 (3.58)	126.9 (4.36)	168.8 (6.86)	199.6 (9.57)
Males: 19 and over	38.1 (1.85)	45.9 (1.96)	62.6 (2.17)	87.5 (2.78)	121.3 (4.23)	161.9 (6.65)	191.4 (8.71)
Females: 1-3	17.4 (1.69)	20.2 (1.59)	26.4 (1.34)	35.2 (1.55)	47.0 (3.03)	61.2 (5.82)	71.3 (8.20)
Females: 4-8	25.0 (2.12)	28.3 (1.91)	34.9 (1.52)	43.9 (1.86)	55.1 (3.58)	67.7 (6.13)	76.0 (8.05)
Females: 9-13	25.7 (1.94)	29.7 (1.91)	38.3 (1.95)	50.7 (2.39)	66.7 (3.72)	85.7 (6.16)	98.8 (8.01)
Females: 14-18	25.5 (3.38)	29.8 (3.28)	39.1 (2.92)	52.3 (2.91)	69.1 (4.40)	89.0 (7.86)	103.6 (10.98)
Females: 19-30	26.0 (2.07)	32.2 (2.14)	45.7 (2.21)	66.6 (2.58)	95.9 (4.29)	132.0 (8.02)	158.0 (11.45)
Females: 31-50	32.4 (4.14)	39.4 (4.30)	54.5 (4.37)	77.3 (4.46)	109.1 (6.15)	148.6 (10.99)	176.9 (15.60)
Females: 19-50	29.9 (2.45)	36.7 (2.61)	51.3 (2.79)	73.4 (3.16)	104.0 (4.46)	142.0 (7.59)	170.4 (10.86)
Females: 51-70	40.2 (3.87)	48.4 (4.08)	66.4 (4.43)	94.0 (4.89)	132.5 (6.75)	182.0 (11.18)	219.0 (15.60)
Females: 71 and over	32.6 (2.03)	39.5 (2.08)	54.6 (2.09)	78.0 (2.76)	111.4 (4.89)	153.4 (9.06)	185.6 (12.82)
Females: 50 and over	37.4 (2.35)	45.2 (2.50)	62.3 (2.77)	88.8 (3.38)	126.1 (5.10)	173.7 (8.49)	209.9 (11.59)
Females: 19 and over	32.6 (1.99)	39.8 (2.15)	55.5 (2.39)	79.7 (2.66)	114.3 (3.18)	157.1 (4.64)	189.8 (6.31)
All individuals 1 and over	29.2 (1.09)	36.0 (1.24)	50.7 (1.53)	73.3 (2.05)	104.6 (2.87)	142.2 (4.18)	170.5 (5.31)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

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Calcium (mg/day)

Calcium (mg/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	535 (46.1)	627 (44.6)	806 (40.4)	1030 (37.0)	1280 (37.7)	1536 (47.6)	1696 (58.9)
Males: 4-8	598 (36.6)	674 (32.7)	814 (25.3)	991 (20.4)	1190 (29.1)	1393 (48.9)	1523 (65.2)
Males: 9-13	648 (52.5)	731 (49.7)	888 (45.2)	1090 (43.3)	1321 (49.0)	1558 (64.6)	1716 (78.7)
Males: 14-18	667 (47.1)	764 (45.2)	954 (40.5)	1194 (41.4)	1478 (55.3)	1776 (84.3)	1967 (104.9)
Males: 19-30	584 (32.5)	681 (31.8)	871 (30.5)	1126 (30.7)	1438 (36.4)	1769 (50.7)	1991 (63.2)
Males: 31-50	590 (20.9)	683 (20.1)	861 (20.0)	1098 (23.7)	1383 (35.9)	1689 (53.4)	1888 (65.9)
Males: 19-50	587 (20.3)	681 (19.6)	866 (19.7)	1110 (19.9)	1402 (24.5)	1710 (35.2)	1925 (45.1)
Males: 51-70	479 (20.6)	565 (20.9)	736 (21.6)	972 (22.8)	1264 (27.8)	1590 (39.4)	1805 (48.3)
Males: 71 and over	454 (22.1)	521 (21.0)	655 (19.3)	830 (21.2)	1040 (29.8)	1264 (45.4)	1413 (56.8)
Males: 50 and over	467 (15.9)	549 (16.2)	714 (16.7)	938 (19.3)	1211 (25.2)	1511 (34.9)	1715 (44.2)
Males: 19 and over	535 (12.6)	625 (13.0)	800 (13.5)	1041 (14.6)	1334 (17.3)	1649 (23.3)	1863 (29.6)
Females: 1-3	536 (29.0)	619 (27.5)	785 (25.5)	996 (30.1)	1242 (43.6)	1502 (64.9)	1670 (79.9)
Females: 4-8	533 (31.4)	603 (28.0)	737 (23.9)	909 (24.2)	1104 (34.0)	1305 (52.4)	1430 (66.4)
Females: 9-13	552 (38.9)	620 (33.2)	754 (23.9)	925 (21.6)	1118 (42.0)	1318 (74.7)	1444 (98.3)
Females: 14-18	462 (49.4)	532 (45.2)	672 (35.4)	852 (26.4)	1059 (39.6)	1280 (74.2)	1429 (101.0)
Females: 19-30	514 (46.3)	580 (41.5)	705 (31.9)	864 (21.8)	1047 (27.1)	1234 (49.3)	1352 (65.9)
Females: 31-50	436 (19.0)	510 (18.8)	655 (18.6)	845 (20.3)	1074 (27.6)	1318 (38.9)	1474 (47.9)
Females: 19-50	460 (19.0)	532 (17.9)	672 (16.8)	852 (16.6)	1064 (21.7)	1286 (31.8)	1432 (40.0)
Females: 51-70	429 (16.8)	496 (17.0)	630 (16.6)	807 (16.8)	1018 (20.8)	1248 (31.1)	1400 (39.3)
Females: 71 and over	377 (14.3)	441 (13.2)	566 (12.2)	734 (12.3)	935 (15.4)	1150 (21.9)	1294 (28.3)
Females: 50 and over	410 (14.0)	476 (13.6)	608 (12.5)	784 (12.0)	995 (15.3)	1222 (23.1)	1373 (30.6)
Females: 19 and over	439 (13.1)	509 (12.8)	644 (12.0)	823 (12.3)	1036 (15.8)	1261 (23.1)	1413 (29.6)
All individuals 1 and over	485 (10.0)	566 (10.1)	726 (10.0)	940 (9.9)	1199 (10.9)	1474 (14.6)	1659 (18.5)

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Phosphorus (mg/day)

Phosphorus (mg/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	630 (42.9)	716 (39.7)	878 (33.8)	1073 (30.0)	1284 (28.6)	1494 (33.5)	1624 (39.7)
Males: 4-8	784 (27.4)	855 (24.3)	985 (18.7)	1145 (17.5)	1322 (25.7)	1499 (40.7)	1612 (52.4)
Males: 9-13	916 (37.8)	1004 (34.5)	1166 (31.8)	1366 (34.0)	1587 (43.3)	1805 (58.2)	1947 (70.9)
Males: 14-18	1005 (72.7)	1114 (66.1)	1319 (52.7)	1569 (46.6)	1853 (64.4)	2140 (103.5)	2320 (131.1)
Males: 19-30	979 (37.6)	1105 (34.0)	1336 (30.7)	1624 (34.7)	1948 (49.5)	2268 (69.4)	2470 (83.0)
Males: 31-50	1036 (27.5)	1164 (23.9)	1396 (21.1)	1681 (25.0)	2001 (39.4)	2320 (57.3)	2517 (69.7)
Males: 19-50	1009 (24.4)	1139 (22.0)	1373 (20.2)	1662 (22.7)	1980 (31.7)	2295 (44.3)	2500 (53.6)
Males: 51-70	874 (25.7)	992 (24.4)	1212 (23.5)	1488 (23.7)	1799 (29.1)	2117 (41.1)	2314 (50.2)
Males: 71 and over	791 (28.3)	875 (26.9)	1034 (25.6)	1230 (28.3)	1449 (36.0)	1669 (48.4)	1810 (57.1)
Males: 50 and over	834 (21.5)	947 (21.0)	1161 (20.0)	1426 (21.1)	1723 (26.1)	2022 (34.3)	2215 (42.4)
Males: 19 and over	930 (18.6)	1055 (17.6)	1283 (15.9)	1570 (15.9)	1891 (18.8)	2207 (25.1)	2412 (30.6)
Females: 1-3	650 (30.2)	719 (27.9)	854 (23.9)	1021 (23.3)	1213 (30.9)	1414 (47.6)	1543 (59.7)
Females: 4-8	738 (23.8)	809 (21.1)	942 (18.7)	1106 (20.9)	1288 (30.1)	1470 (44.7)	1582 (55.3)
Females: 9-13	804 (36.7)	874 (30.5)	1007 (23.1)	1167 (26.8)	1338 (44.8)	1507 (68.6)	1609 (84.2)
Females: 14-18	724 (75.4)	801 (68.6)	946 (54.3)	1122 (38.1)	1314 (35.6)	1509 (57.9)	1636 (77.8)
Females: 19-30	742 (45.9)	821 (39.9)	963 (30.4)	1138 (22.9)	1330 (26.7)	1520 (39.1)	1636 (48.0)
Females: 31-50	706 (34.5)	798 (31.6)	966 (26.0)	1171 (19.6)	1398 (20.8)	1626 (31.4)	1764 (40.5)
Females: 19-50	716 (28.1)	804 (25.2)	965 (20.2)	1159 (15.7)	1374 (17.5)	1586 (27.3)	1721 (35.2)
Females: 51-70	712 (23.4)	793 (21.7)	944 (18.5)	1130 (17.7)	1336 (24.8)	1546 (37.9)	1678 (46.8)
Females: 71 and over	588 (18.2)	665 (16.0)	809 (13.7)	989 (14.8)	1189 (20.8)	1388 (29.4)	1516 (36.6)
Females: 50 and over	665 (16.9)	746 (15.5)	898 (12.9)	1087 (12.5)	1296 (17.9)	1508 (27.9)	1644 (35.4)
Females: 19 and over	694 (20.9)	779 (19.0)	935 (15.4)	1128 (12.4)	1343 (14.5)	1555 (22.0)	1693 (28.4)
All individuals 1 and over	745 (13.6)	846 (12.9)	1040 (11.6)	1293 (10.3)	1587 (11.4)	1887 (15.8)	2078 (19.8)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Magnesium (mg/day)

Magnesium (mg/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	120 (7.0)	134 (6.1)	161 (4.5)	194 (3.9)	230 (4.8)	266 (7.1)	288 (8.8)
Males: 4-8	149 (3.3)	161 (2.9)	184 (2.5)	213 (3.1)	245 (4.9)	277 (7.3)	297 (9.2)
Males: 9-13	157 (5.8)	173 (5.1)	205 (4.8)	244 (5.9)	289 (9.4)	334 (14.0)	364 (17.7)
Males: 14-18	181 (13.8)	200 (12.8)	238 (10.2)	285 (8.1)	340 (9.9)	397 (16.7)	435 (22.1)
Males: 19-30	186 (8.8)	212 (8.3)	261 (7.6)	324 (8.1)	399 (11.7)	476 (17.8)	526 (22.6)
Males: 31-50	204 (6.0)	232 (5.3)	284 (4.7)	351 (6.2)	429 (10.5)	511 (15.7)	563 (19.6)
Males: 19-50	196 (4.8)	223 (4.6)	275 (4.6)	341 (5.9)	418 (8.6)	498 (12.5)	551 (15.6)
Males: 51-70	194 (6.6)	219 (6.4)	267 (5.8)	327 (5.1)	397 (6.2)	469 (9.9)	514 (13.2)
Males: 71 and over	160 (4.5)	180 (4.3)	221 (4.7)	274 (6.0)	337 (8.1)	405 (11.7)	450 (14.4)
Males: 50 and over	182 (4.8)	207 (4.6)	254 (4.5)	314 (4.7)	384 (6.0)	456 (8.3)	503 (10.5)
Males: 19 and over	191 (3.4)	217 (3.4)	266 (3.5)	331 (4.0)	406 (5.6)	483 (7.9)	534 (9.7)
Females: 1-3	118 (5.8)	130 (5.1)	153 (4.0)	181 (4.0)	213 (5.7)	246 (8.5)	267 (10.4)
Females: 4-8	136 (3.5)	149 (2.9)	172 (2.6)	201 (3.4)	234 (5.7)	266 (9.0)	286 (11.4)
Females: 9-13	147 (6.5)	160 (5.5)	185 (3.8)	217 (4.7)	252 (9.0)	287 (14.8)	308 (18.6)
Females: 14-18	127 (7.5)	143 (7.0)	176 (6.2)	217 (7.1)	263 (10.5)	311 (15.6)	343 (19.3)
Females: 19-30	149 (9.9)	167 (8.9)	199 (7.1)	240 (5.6)	285 (6.2)	331 (9.3)	360 (12.0)
Females: 31-50	145 (7.7)	166 (7.4)	207 (6.9)	261 (6.3)	324 (6.9)	390 (8.9)	432 (10.7)
Females: 19-50	144 (6.5)	165 (6.2)	204 (5.5)	253 (5.0)	310 (5.5)	370 (7.1)	409 (8.7)
Females: 51-70	155 (5.5)	176 (5.1)	215 (4.5)	264 (4.2)	321 (6.0)	380 (9.4)	417 (11.8)
Females: 71 and over	133 (3.0)	151 (3.0)	185 (3.0)	227 (3.6)	277 (4.5)	328 (5.8)	361 (7.0)
Females: 50 and over	146 (4.4)	166 (4.1)	204 (3.6)	253 (3.4)	308 (4.5)	366 (6.8)	404 (8.6)
Females: 19 and over	146 (5.0)	166 (4.7)	204 (4.2)	253 (3.8)	310 (4.0)	369 (5.3)	408 (6.5)
All individuals 1 and over	147 (2.6)	170 (2.7)	213 (2.8)	270 (3.1)	339 (3.7)	410 (4.6)	457 (5.5)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

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Iron (mg/day)

Iron (mg/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	5.4 (0.29)	6.2 (0.27)	7.9 (0.25)	10.1 (0.30)	12.7 (0.41)	15.4 (0.62)	17.1 (0.79)
Males: 4-8	9.0 (0.42)	9.8 (0.37)	11.1 (0.29)	12.8 (0.25)	14.7 (0.37)	16.7 (0.61)	18.0 (0.81)
Males: 9-13	9.8 (0.47)	10.9 (0.41)	12.8 (0.35)	15.2 (0.36)	17.9 (0.55)	20.6 (0.83)	22.4 (1.07)
Males: 14-18	10.3 (0.61)	11.5 (0.57)	13.9 (0.49)	17.0 (0.44)	20.7 (0.54)	24.7 (0.88)	27.3 (1.15)
Males: 19-30	9.8 (0.60)	11.2 (0.58)	13.9 (0.54)	17.4 (0.50)	21.4 (0.55)	25.5 (0.72)	28.1 (0.88)
Males: 31-50	9.8 (0.27)	11.3 (0.27)	14.0 (0.27)	17.5 (0.34)	21.8 (0.52)	26.3 (0.76)	29.2 (0.94)
Males: 19-50	9.7 (0.27)	11.2 (0.26)	14.0 (0.27)	17.5 (0.32)	21.6 (0.43)	25.9 (0.59)	28.8 (0.72)
Males: 51-70	9.5 (0.37)	10.7 (0.37)	13.2 (0.36)	16.4 (0.32)	20.3 (0.35)	24.3 (0.54)	26.9 (0.73)
Males: 71 and over	8.4 (0.33)	9.7 (0.33)	12.1 (0.33)	15.4 (0.36)	19.4 (0.47)	23.8 (0.66)	26.8 (0.84)
Males: 50 and over	9.2 (0.28)	10.4 (0.29)	13.0 (0.28)	16.2 (0.28)	20.1 (0.32)	24.2 (0.50)	26.9 (0.67)
Males: 19 and over	9.5 (0.20)	10.9 (0.20)	13.5 (0.21)	17.0 (0.24)	21.1 (0.30)	25.3 (0.40)	28.2 (0.49)
Females: 1-3	5.3 (0.28)	5.9 (0.26)	7.3 (0.25)	9.1 (0.29)	11.2 (0.41)	13.5 (0.58)	15.0 (0.70)
Females: 4-8	7.3 (0.26)	8.1 (0.24)	9.7 (0.23)	11.8 (0.27)	14.2 (0.39)	16.8 (0.58)	18.4 (0.74)
Females: 9-13	8.6 (0.52)	9.5 (0.47)	11.2 (0.38)	13.5 (0.34)	16.0 (0.49)	18.6 (0.79)	20.3 (1.02)
Females: 14-18	6.9 (0.59)	7.9 (0.55)	9.8 (0.49)	12.4 (0.46)	15.4 (0.57)	18.6 (0.82)	20.8 (1.03)
Females: 19-30	7.6 (0.50)	8.5 (0.45)	10.2 (0.35)	12.5 (0.23)	15.2 (0.26)	18.1 (0.50)	19.9 (0.68)
Females: 31-50	7.6 (0.44)	8.6 (0.42)	10.5 (0.36)	12.9 (0.30)	15.7 (0.31)	18.6 (0.42)	20.4 (0.52)
Females: 19-50	7.6 (0.35)	8.6 (0.33)	10.4 (0.28)	12.8 (0.24)	15.5 (0.24)	18.4 (0.35)	20.2 (0.45)
Females: 51-70	7.3 (0.22)	8.3 (0.22)	10.1 (0.21)	12.5 (0.23)	15.4 (0.35)	18.5 (0.53)	20.5 (0.67)
Females: 71 and over	6.7 (0.19)	7.6 (0.18)	9.5 (0.20)	12.0 (0.26)	15.0 (0.35)	18.2 (0.48)	20.4 (0.57)
Females: 50 and over	7.1 (0.19)	8.0 (0.18)	9.9 (0.17)	12.3 (0.18)	15.3 (0.24)	18.4 (0.35)	20.5 (0.46)
Females: 19 and over	7.4 (0.25)	8.3 (0.24)	10.2 (0.21)	12.6 (0.18)	15.4 (0.20)	18.4 (0.28)	20.4 (0.37)
All individuals 1 and over	7.7 (0.15)	8.8 (0.15)	11.1 (0.14)	14.2 (0.13)	17.8 (0.17)	21.7 (0.25)	24.3 (0.32)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

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Zinc (mg/day)

Zinc (mg/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	4.8 (0.35)	5.4 (0.31)	6.4 (0.25)	7.8 (0.22)	9.3 (0.29)	10.9 (0.42)	11.9 (0.53)
Males: 4-8	6.6 (0.25)	7.1 (0.22)	8.2 (0.18)	9.5 (0.19)	11.0 (0.29)	12.5 (0.46)	13.5 (0.61)
Males: 9-13	8.1 (0.60)	8.8 (0.52)	10.0 (0.39)	11.5 (0.32)	13.2 (0.46)	14.8 (0.74)	15.9 (0.95)
Males: 14-18	8.4 (0.72)	9.3 (0.62)	11.2 (0.40)	13.4 (0.29)	16.1 (0.65)	18.9 (1.25)	20.7 (1.65)
Males: 19-30	8.1 (0.58)	9.2 (0.53)	11.3 (0.44)	14.0 (0.41)	17.1 (0.57)	20.2 (0.85)	22.3 (1.06)
Males: 31-50	9.0 (0.39)	10.1 (0.37)	12.1 (0.32)	14.7 (0.29)	17.8 (0.37)	21.0 (0.58)	23.0 (0.75)
Males: 19-50	8.6 (0.39)	9.7 (0.37)	11.8 (0.31)	14.5 (0.26)	17.6 (0.32)	20.7 (0.48)	22.8 (0.64)
Males: 51-70	7.4 (0.31)	8.4 (0.31)	10.3 (0.32)	13.0 (0.34)	16.2 (0.45)	19.8 (0.69)	22.1 (0.90)
Males: 71 and over	6.5 (0.32)	7.3 (0.32)	8.9 (0.33)	11.1 (0.36)	13.9 (0.44)	17.0 (0.59)	19.2 (0.73)
Males: 50 and over	7.1 (0.28)	8.1 (0.29)	10.0 (0.29)	12.5 (0.32)	15.7 (0.42)	19.1 (0.64)	21.5 (0.84)
Males: 19 and over	7.9 (0.24)	9.0 (0.23)	11.0 (0.21)	13.7 (0.19)	16.9 (0.21)	20.2 (0.30)	22.5 (0.39)
Females: 1-3	4.6 (0.17)	5.1 (0.17)	6.1 (0.16)	7.3 (0.19)	8.8 (0.25)	10.4 (0.36)	11.4 (0.44)
Females: 4-8	5.0 (0.19)	5.6 (0.18)	6.9 (0.18)	8.5 (0.22)	10.4 (0.30)	12.5 (0.42)	13.8 (0.51)
Females: 9-13	6.8 (0.50)	7.4 (0.43)	8.5 (0.30)	9.8 (0.23)	11.3 (0.41)	12.9 (0.72)	13.9 (0.95)
Females: 14-18	6.0 (0.58)	6.5 (0.51)	7.6 (0.39)	8.8 (0.28)	10.2 (0.37)	11.5 (0.64)	12.5 (0.84)
Females: 19-30	6.1 (0.43)	6.7 (0.38)	8.0 (0.29)	9.5 (0.19)	11.3 (0.22)	13.1 (0.41)	14.2 (0.55)
Females: 31-50	5.8 (0.29)	6.6 (0.27)	8.0 (0.23)	9.8 (0.19)	12.0 (0.22)	14.2 (0.34)	15.6 (0.44)
Females: 19-50	5.9 (0.25)	6.6 (0.23)	8.0 (0.18)	9.7 (0.14)	11.7 (0.17)	13.8 (0.28)	15.1 (0.38)
Females: 51-70	5.7 (0.18)	6.4 (0.18)	7.7 (0.18)	9.4 (0.20)	11.4 (0.29)	13.6 (0.42)	15.1 (0.52)
Females: 71 and over	5.0 (0.16)	5.7 (0.16)	7.0 (0.17)	8.7 (0.21)	10.9 (0.32)	13.3 (0.46)	15.0 (0.59)
Females: 50 and over	5.4 (0.15)	6.1 (0.14)	7.4 (0.14)	9.2 (0.16)	11.3 (0.21)	13.6 (0.30)	15.1 (0.39)
Females: 19 and over	5.7 (0.17)	6.4 (0.16)	7.8 (0.14)	9.5 (0.13)	11.6 (0.16)	13.7 (0.23)	15.2 (0.30)
All individuals 1 and over	6.1 (0.13)	6.9 (0.12)	8.6 (0.11)	10.9 (0.11)	13.8 (0.13)	16.8 (0.19)	18.8 (0.24)

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Copper (mg/day)

Copper (mg/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	0.5 (0.02)	0.5 (0.02)	0.6 (0.02)	0.8 (0.02)	0.9 (0.03)	1.1 (0.04)	1.2 (0.05)
Males: 4-8	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	0.9 (0.02)	1.1 (0.03)	1.3 (0.04)	1.4 (0.05)
Males: 9-13	0.7 (0.03)	0.7 (0.03)	0.9 (0.02)	1.1 (0.02)	1.3 (0.04)	1.5 (0.07)	1.6 (0.09)
Males: 14-18	0.8 (0.05)	0.9 (0.05)	1.0 (0.04)	1.3 (0.04)	1.5 (0.07)	1.8 (0.11)	2.0 (0.14)
Males: 19-30	0.9 (0.05)	1.0 (0.04)	1.2 (0.04)	1.4 (0.04)	1.8 (0.05)	2.1 (0.09)	2.4 (0.11)
Males: 31-50	0.9 (0.03)	1.0 (0.03)	1.2 (0.02)	1.5 (0.02)	1.9 (0.04)	2.3 (0.07)	2.5 (0.09)
Males: 19-50	0.9 (0.03)	1.0 (0.02)	1.2 (0.02)	1.5 (0.02)	1.8 (0.04)	2.2 (0.06)	2.5 (0.07)
Males: 51-70	0.9 (0.04)	0.9 (0.03)	1.1 (0.03)	1.4 (0.03)	1.7 (0.03)	2.1 (0.06)	2.3 (0.08)
Males: 71 and over	0.7 (0.02)	0.8 (0.02)	1.0 (0.03)	1.2 (0.03)	1.5 (0.04)	1.8 (0.05)	2.1 (0.06)
Males: 50 and over	0.8 (0.03)	0.9 (0.03)	1.1 (0.02)	1.4 (0.02)	1.7 (0.03)	2.0 (0.05)	2.3 (0.06)
Males: 19 and over	0.8 (0.02)	0.9 (0.02)	1.2 (0.01)	1.4 (0.02)	1.8 (0.02)	2.2 (0.03)	2.4 (0.04)
Females: 1-3	0.4 (0.02)	0.5 (0.02)	0.6 (0.01)	0.7 (0.02)	0.9 (0.02)	1.0 (0.03)	1.2 (0.04)
Females: 4-8	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	0.9 (0.01)	1.0 (0.02)	1.2 (0.03)	1.3 (0.04)
Females: 9-13	0.6 (0.04)	0.7 (0.04)	0.8 (0.03)	1.0 (0.02)	1.1 (0.03)	1.3 (0.05)	1.4 (0.07)
Females: 14-18	0.6 (0.05)	0.6 (0.04)	0.8 (0.03)	1.0 (0.03)	1.2 (0.05)	1.4 (0.09)	1.5 (0.11)
Females: 19-30	0.6 (0.04)	0.7 (0.03)	0.9 (0.03)	1.0 (0.02)	1.3 (0.03)	1.5 (0.05)	1.7 (0.07)
Females: 31-50	0.7 (0.04)	0.7 (0.03)	0.9 (0.03)	1.1 (0.03)	1.4 (0.03)	1.7 (0.05)	1.9 (0.06)
Females: 19-50	0.7 (0.03)	0.7 (0.03)	0.9 (0.02)	1.1 (0.02)	1.4 (0.02)	1.6 (0.03)	1.8 (0.04)
Females: 51-70	0.7 (0.02)	0.8 (0.02)	0.9 (0.02)	1.2 (0.02)	1.4 (0.03)	1.8 (0.05)	2.0 (0.06)
Females: 71 and over	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.2 (0.03)	1.5 (0.04)	1.6 (0.05)
Females: 50 and over	0.7 (0.02)	0.7 (0.02)	0.9 (0.02)	1.1 (0.02)	1.4 (0.03)	1.7 (0.04)	1.9 (0.05)
Females: 19 and over	0.7 (0.02)	0.7 (0.02)	0.9 (0.02)	1.1 (0.02)	1.4 (0.02)	1.7 (0.03)	1.9 (0.04)
All individuals 1 and over	0.6 (0.01)	0.7 (0.01)	0.9 (0.01)	1.2 (0.01)	1.5 (0.02)	1.8 (0.02)	2.1 (0.03)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

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Selenium ($\mu\text{g}/\text{day}$)

Selenium ($\mu\text{g}/\text{day}$): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	40 (3.1)	45 (2.8)	54 (2.2)	65 (1.7)	77 (1.8)	90 (2.8)	97 (3.6)
Males: 4-8	54 (2.0)	59 (1.8)	68 (1.4)	79 (1.0)	92 (1.3)	105 (2.3)	113 (3.2)
Males: 9-13	74 (5.6)	80 (4.6)	90 (2.8)	103 (2.2)	116 (4.6)	129 (7.8)	137 (10.0)
Males: 14-18	75 (4.3)	85 (4.0)	104 (3.7)	127 (4.3)	153 (6.4)	180 (9.3)	197 (11.4)
Males: 19-30	89 (5.1)	99 (4.5)	117 (3.5)	140 (2.8)	165 (3.9)	190 (6.2)	206 (7.8)
Males: 31-50	87 (3.5)	97 (3.0)	116 (2.4)	138 (1.9)	163 (2.7)	188 (4.4)	204 (5.6)
Males: 19-50	88 (3.0)	98 (2.6)	116 (2.2)	139 (1.8)	164 (2.3)	188 (3.4)	204 (4.3)
Males: 51-70	77 (2.8)	86 (2.5)	103 (2.2)	123 (2.2)	146 (3.0)	170 (4.5)	184 (5.7)
Males: 71 and over	65 (2.9)	71 (2.8)	84 (2.6)	98 (2.5)	115 (2.7)	132 (3.3)	142 (3.8)
Males: 50 and over	72 (2.1)	81 (1.9)	97 (1.7)	117 (1.8)	140 (2.5)	162 (3.6)	177 (4.5)
Males: 19 and over	80 (2.0)	90 (1.9)	108 (1.7)	131 (1.5)	155 (1.7)	180 (2.3)	196 (2.9)
Females: 1-3	42 (2.6)	46 (2.4)	54 (1.9)	65 (1.5)	76 (1.7)	88 (2.7)	96 (3.5)
Females: 4-8	53 (2.3)	58 (1.9)	67 (1.6)	78 (1.8)	90 (2.7)	102 (4.0)	109 (4.9)
Females: 9-13	63 (3.4)	68 (2.8)	77 (2.0)	88 (2.3)	99 (4.0)	110 (6.2)	117 (7.6)
Females: 14-18	57 (4.9)	63 (4.5)	74 (3.6)	87 (2.8)	102 (2.9)	117 (4.2)	126 (5.4)
Females: 19-30	60 (3.1)	66 (2.7)	77 (2.1)	91 (1.6)	105 (1.9)	120 (2.9)	128 (3.6)
Females: 31-50	60 (3.7)	67 (3.2)	79 (2.4)	94 (1.7)	110 (2.4)	127 (4.1)	137 (5.4)
Females: 19-50	60 (2.3)	66 (2.0)	78 (1.5)	93 (1.2)	109 (1.8)	124 (2.9)	134 (3.7)
Females: 51-70	58 (2.2)	64 (2.1)	75 (1.9)	88 (1.8)	104 (2.3)	119 (3.2)	129 (3.9)
Females: 71 and over	46 (2.5)	52 (2.1)	63 (1.7)	77 (1.6)	93 (2.3)	109 (3.7)	119 (4.7)
Females: 50 and over	53 (1.7)	59 (1.6)	71 (1.4)	85 (1.2)	101 (1.5)	117 (2.1)	127 (2.7)
Females: 19 and over	57 (1.7)	63 (1.6)	75 (1.2)	89 (1.0)	105 (1.4)	121 (2.2)	132 (2.8)
All individuals 1 and over	58 (1.0)	66 (1.0)	81 (0.9)	102 (0.9)	127 (1.2)	152 (1.8)	168 (2.2)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

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Sodium (mg/day)

Sodium (mg/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	1170 (88.6)	1319 (81.5)	1605 (65.5)	1963 (51.4)	2368 (48.4)	2787 (69.8)	3053 (93.9)
Males: 4-8	1772 (61.9)	1944 (59.4)	2263 (52.4)	2664 (48.8)	3119 (53.7)	3584 (71.2)	3885 (90.2)
Males: 9-13	2343 (103.5)	2550 (91.2)	2933 (76.6)	3407 (87.7)	3936 (136.4)	4464 (206.1)	4809 (260.8)
Males: 14-18	2425 (142.7)	2735 (136.3)	3341 (121.6)	4106 (126.0)	5009 (174.6)	5958 (262.6)	6569 (328.1)
Males: 19-30	2644 (112.4)	2980 (106.7)	3598 (98.3)	4375 (97.0)	5252 (120.5)	6122 (160.7)	6676 (190.6)
Males: 31-50	2748 (62.6)	3074 (59.7)	3674 (58.4)	4422 (66.5)	5275 (93.2)	6141 (133.4)	6684 (162.2)
Males: 19-50	2697 (70.1)	3032 (65.0)	3648 (60.6)	4410 (64.0)	5264 (83.5)	6114 (113.6)	6676 (136.2)
Males: 51-70	2454 (64.9)	2738 (60.4)	3267 (58.8)	3927 (67.7)	4670 (98.0)	5430 (145.6)	5902 (181.5)
Males: 71 and over	2079 (76.9)	2282 (73.3)	2664 (65.7)	3132 (72.1)	3655 (99.0)	4180 (139.3)	4515 (168.0)
Males: 50 and over	2294 (54.6)	2571 (51.6)	3087 (50.3)	3732 (58.2)	4450 (84.2)	5174 (121.5)	5642 (152.6)
Males: 19 and over	2500 (36.5)	2820 (35.8)	3406 (35.6)	4147 (42.2)	4980 (57.8)	5810 (79.8)	6346 (95.9)
Females: 1-3	1189 (75.4)	1333 (65.1)	1614 (47.1)	1955 (38.2)	2339 (53.8)	2732 (86.3)	2979 (108.4)
Females: 4-8	1666 (77.6)	1825 (70.1)	2128 (56.7)	2512 (44.3)	2949 (54.6)	3398 (89.0)	3681 (115.3)
Females: 9-13	2052 (89.2)	2218 (81.2)	2534 (68.2)	2918 (67.1)	3332 (85.0)	3745 (118.4)	3998 (142.9)
Females: 14-18	1946 (182.3)	2137 (168.3)	2504 (135.9)	2955 (100.8)	3454 (98.0)	3967 (150.9)	4307 (201.4)
Females: 19-30	1929 (117.8)	2150 (106.7)	2552 (88.0)	3051 (67.5)	3607 (65.9)	4160 (89.7)	4501 (113.0)
Females: 31-50	1860 (86.7)	2088 (78.7)	2508 (61.7)	3026 (47.6)	3609 (65.4)	4200 (110.3)	4562 (144.2)
Females: 19-50	1884 (69.4)	2108 (62.9)	2526 (50.3)	3035 (38.7)	3606 (45.4)	4176 (72.0)	4539 (94.8)
Females: 51-70	1911 (67.4)	2096 (57.7)	2440 (42.1)	2867 (35.7)	3342 (57.8)	3831 (94.9)	4141 (119.6)
Females: 71 and over	1614 (53.6)	1788 (46.8)	2109 (38.6)	2507 (44.7)	2950 (70.4)	3392 (105.3)	3675 (131.8)
Females: 50 and over	1793 (49.2)	1979 (42.7)	2327 (30.2)	2758 (25.6)	3238 (42.2)	3725 (70.9)	4040 (91.8)
Females: 19 and over	1840 (52.7)	2051 (46.5)	2436 (34.7)	2916 (25.7)	3455 (36.5)	3993 (61.8)	4343 (82.2)
All individuals 1 and over	1845 (28.1)	2112 (25.8)	2623 (22.7)	3301 (25.3)	4108 (38.7)	4940 (59.2)	5468 (74.3)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

Discretionary salt use at the table not included. Post-processing salt adjustment omitted for 2007-2008.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Potassium (mg/day)

Potassium (mg/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	1230 (71.0)	1382 (62.6)	1664 (48.4)	2002 (40.3)	2367 (44.7)	2727 (63.2)	2948 (77.8)
Males: 4-8	1445 (33.8)	1571 (30.6)	1801 (27.0)	2085 (29.7)	2402 (40.7)	2720 (57.1)	2923 (70.0)
Males: 9-13	1485 (55.4)	1640 (49.2)	1926 (44.0)	2278 (54.1)	2668 (84.9)	3054 (126.5)	3304 (160.1)
Males: 14-18	1555 (100.6)	1762 (97.8)	2161 (93.1)	2657 (94.3)	3232 (115.7)	3826 (167.2)	4203 (206.5)
Males: 19-30	1581 (78.7)	1824 (71.2)	2274 (63.4)	2844 (71.8)	3492 (107.7)	4136 (157.7)	4547 (193.0)
Males: 31-50	1852 (63.7)	2106 (55.9)	2576 (43.5)	3163 (44.6)	3834 (78.0)	4515 (124.2)	4940 (158.2)
Males: 19-50	1728 (48.8)	1981 (45.1)	2452 (40.8)	3044 (44.8)	3710 (64.0)	4374 (95.2)	4816 (119.3)
Males: 51-70	1844 (50.2)	2088 (48.0)	2536 (46.1)	3082 (47.7)	3680 (59.7)	4276 (83.7)	4639 (102.4)
Males: 71 and over	1640 (47.3)	1839 (45.5)	2217 (45.8)	2682 (53.6)	3204 (70.1)	3727 (93.6)	4060 (109.0)
Males: 50 and over	1772 (41.6)	2010 (40.3)	2452 (39.2)	2988 (42.5)	3574 (53.6)	4153 (71.5)	4521 (88.2)
Males: 19 and over	1749 (33.5)	1993 (32.9)	2448 (30.3)	3022 (32.5)	3664 (42.1)	4302 (58.8)	4713 (72.7)
Females: 1-3	1233 (51.4)	1362 (47.5)	1611 (42.8)	1914 (44.2)	2255 (57.0)	2607 (82.3)	2829 (99.9)
Females: 4-8	1284 (32.6)	1410 (29.0)	1647 (26.7)	1947 (29.9)	2283 (42.5)	2625 (63.3)	2838 (79.4)
Females: 9-13	1391 (75.7)	1511 (64.8)	1738 (49.4)	2013 (47.0)	2306 (73.4)	2598 (114.6)	2775 (143.3)
Females: 14-18	1174 (71.0)	1314 (67.3)	1580 (60.8)	1905 (58.9)	2256 (71.0)	2612 (95.3)	2843 (114.2)
Females: 19-30	1346 (71.2)	1496 (63.7)	1768 (51.0)	2099 (41.5)	2463 (46.5)	2820 (65.1)	3037 (80.8)
Females: 31-50	1308 (58.1)	1503 (55.4)	1863 (50.0)	2305 (43.9)	2800 (46.5)	3296 (61.7)	3598 (75.8)
Females: 19-50	1300 (49.0)	1483 (46.0)	1819 (41.1)	2230 (36.2)	2685 (37.8)	3135 (47.5)	3424 (56.9)
Females: 51-70	1464 (42.9)	1656 (39.6)	2012 (36.8)	2449 (42.2)	2926 (60.8)	3408 (87.6)	3707 (104.3)
Females: 71 and over	1290 (24.1)	1463 (24.1)	1785 (24.7)	2190 (29.7)	2647 (39.9)	3107 (53.5)	3403 (65.0)
Females: 50 and over	1397 (31.3)	1585 (28.4)	1936 (26.8)	2370 (31.2)	2848 (45.5)	3329 (65.6)	3636 (80.5)
Females: 19 and over	1337 (37.9)	1522 (34.8)	1865 (30.1)	2291 (28.3)	2764 (34.3)	3230 (47.3)	3527 (57.4)
All individuals 1 and over	1374 (26.7)	1583 (26.0)	1977 (24.6)	2486 (24.5)	3072 (28.0)	3661 (35.9)	4038 (43.3)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

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Caffeine (mg/day)

Caffeine (mg/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	0.1 (0.03)	0.2 (0.05)	0.6 (0.11)	1.7 (0.23)	4.7 (0.50)	10.5 (1.14)	16.5 (1.97)
Males: 4-8	1.7 (0.58)	2.5 (0.66)	4.7 (0.70)	8.6 (0.68)	15.4 (1.12)	25.1 (2.71)	33.2 (4.45)
Males: 9-13	1.4 (0.39)	2.7 (0.57)	6.9 (1.02)	17.7 (1.84)	40.5 (3.42)	81.6 (7.04)	119.6 (11.66)
Males: 14-18	2.7 (0.96)	6.0 (1.47)	17.9 (2.53)	45.9 (4.70)	97.7 (10.54)	173.5 (25.16)	237.7 (40.99)
Males: 19-30	4.9 (1.86)	12.4 (2.90)	39.4 (4.92)	95.2 (7.19)	182.9 (12.25)	296.8 (22.59)	382.7 (32.98)
Males: 31-50	11.4 (2.46)	27.4 (3.91)	76.6 (5.99)	168.0 (7.90)	306.5 (12.99)	478.5 (22.52)	607.9 (32.04)
Males: 19-50	7.3 (1.26)	18.6 (2.20)	58.5 (4.16)	138.6 (6.93)	260.0 (11.69)	419.4 (19.87)	537.8 (28.12)
Males: 51-70	15.0 (3.32)	35.4 (4.82)	95.4 (6.54)	201.2 (8.05)	357.8 (12.33)	548.0 (22.78)	689.1 (32.46)
Males: 71 and over	6.6 (1.50)	17.8 (2.83)	53.3 (5.37)	121.2 (7.82)	228.2 (10.41)	365.3 (16.70)	469.4 (24.91)
Males: 50 and over	11.4 (1.95)	28.8 (3.12)	82.1 (4.49)	180.6 (5.80)	327.1 (9.61)	508.0 (18.75)	644.9 (27.19)
Males: 19 and over	7.8 (0.99)	20.9 (1.77)	65.8 (3.12)	153.2 (4.90)	287.1 (8.77)	454.7 (15.33)	578.9 (20.88)
Females: 1-3	(0.03)	0.1 (0.06)	0.6 (0.17)	2.2 (0.35)	5.9 (0.81)	11.3 (2.05)	16.0 (3.53)
Females: 4-8	0.8 (0.23)	1.4 (0.32)	3.2 (0.50)	7.1 (0.76)	14.4 (1.60)	25.7 (3.79)	36.2 (6.34)
Females: 9-13	1.5 (0.32)	2.7 (0.45)	6.6 (0.73)	14.8 (1.32)	30.0 (3.15)	52.0 (6.75)	71.7 (10.99)
Females: 14-18	4.0 (1.35)	7.6 (1.93)	19.2 (2.91)	43.5 (3.66)	84.7 (5.43)	142.3 (12.10)	191.0 (20.32)
Females: 19-30	3.0 (1.00)	8.8 (2.10)	32.0 (4.71)	80.0 (7.34)	155.9 (11.68)	253.4 (19.88)	325.7 (28.20)
Females: 31-50	7.7 (1.56)	18.5 (2.58)	54.3 (4.40)	126.1 (6.00)	240.3 (8.86)	388.1 (15.89)	499.9 (22.88)
Females: 19-50	4.9 (1.20)	13.3 (2.21)	43.7 (3.91)	107.7 (5.55)	209.3 (7.93)	343.5 (12.61)	444.7 (18.12)
Females: 51-70	8.4 (1.53)	21.6 (2.54)	60.2 (3.86)	133.1 (5.11)	246.7 (10.92)	393.0 (23.69)	503.0 (35.80)
Females: 71 and over	4.4 (0.83)	11.7 (1.58)	37.4 (3.46)	90.3 (6.03)	176.4 (9.74)	287.8 (15.97)	372.5 (21.50)
Females: 50 and over	6.9 (1.15)	18.0 (1.90)	52.5 (3.09)	120.1 (4.08)	228.3 (7.06)	366.3 (15.70)	470.9 (24.93)
Females: 19 and over	5.4 (0.87)	14.8 (1.57)	47.3 (2.68)	112.4 (3.87)	217.7 (5.95)	352.5 (10.05)	455.6 (14.07)
All individuals 1 and over	1.1 (0.08)	4.4 (0.30)	26.1 (1.19)	87.9 (2.80)	197.5 (5.08)	347.2 (8.28)	465.1 (11.37)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

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Sodium (mg/1000 kcal/day)

Sodium (mg/1000 kcal/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	1077 (46.2)	1145 (40.2)	1265 (31.2)	1402 (23.5)	1546 (26.7)	1684 (40.6)	1770 (50.9)
Males: 4-8	1229 (41.5)	1292 (36.4)	1401 (28.9)	1528 (23.7)	1663 (28.7)	1792 (41.4)	1870 (52.2)
Males: 9-13	1328 (56.7)	1392 (48.4)	1499 (35.8)	1627 (26.1)	1766 (34.5)	1902 (54.0)	1992 (68.8)
Males: 14-18	1286 (36.4)	1364 (31.8)	1499 (26.3)	1655 (26.5)	1819 (39.3)	1968 (58.1)	2064 (71.0)
Males: 19-30	1351 (46.3)	1415 (37.6)	1529 (23.5)	1659 (17.4)	1799 (34.5)	1936 (59.0)	2020 (75.8)
Males: 31-50	1288 (20.5)	1364 (18.3)	1501 (15.4)	1670 (17.8)	1858 (25.5)	2043 (37.8)	2166 (47.4)
Males: 19-50	1312 (21.2)	1383 (17.5)	1511 (12.2)	1667 (12.2)	1837 (21.0)	2004 (33.5)	2113 (41.7)
Males: 51-70	1306 (27.1)	1387 (24.1)	1536 (20.3)	1718 (23.4)	1924 (35.7)	2132 (53.7)	2268 (67.8)
Males: 71 and over	1327 (41.2)	1406 (35.1)	1542 (26.5)	1710 (26.0)	1893 (41.4)	2078 (63.4)	2199 (80.4)
Males: 50 and over	1306 (21.1)	1388 (18.2)	1536 (15.1)	1716 (18.3)	1918 (30.3)	2122 (45.7)	2254 (57.6)
Males: 19 and over	1308 (15.0)	1384 (12.6)	1519 (8.8)	1685 (9.6)	1868 (17.9)	2051 (28.9)	2168 (36.8)
Females: 1-3	1104 (46.7)	1180 (37.7)	1307 (25.8)	1459 (16.9)	1623 (25.4)	1782 (43.7)	1888 (59.5)
Females: 4-8	1176 (32.2)	1243 (29.2)	1364 (23.6)	1508 (18.1)	1664 (19.2)	1823 (28.3)	1920 (36.0)
Females: 9-13	1306 (62.8)	1363 (53.8)	1468 (37.8)	1591 (24.4)	1731 (34.9)	1865 (60.8)	1950 (80.5)
Females: 14-18	1346 (53.1)	1408 (44.8)	1513 (33.0)	1639 (28.9)	1776 (45.3)	1906 (70.8)	1986 (88.2)
Females: 19-30	1279 (45.3)	1360 (38.5)	1497 (29.2)	1664 (26.5)	1844 (39.4)	2026 (62.0)	2140 (77.4)
Females: 31-50	1337 (34.8)	1407 (29.5)	1529 (21.3)	1677 (15.5)	1837 (21.5)	1994 (33.9)	2095 (44.9)
Females: 19-50	1309 (27.5)	1383 (23.9)	1514 (18.3)	1671 (13.7)	1843 (16.8)	2011 (26.3)	2122 (33.9)
Females: 51-70	1291 (34.2)	1372 (29.7)	1520 (22.6)	1703 (19.1)	1906 (25.5)	2114 (40.0)	2254 (52.6)
Females: 71 and over	1334 (32.0)	1410 (27.5)	1544 (22.0)	1704 (18.5)	1882 (24.3)	2058 (36.6)	2170 (46.5)
Females: 50 and over	1304 (25.9)	1383 (22.5)	1526 (16.8)	1701 (13.8)	1900 (19.6)	2099 (32.0)	2231 (41.3)
Females: 19 and over	1305 (18.2)	1382 (16.2)	1519 (12.5)	1684 (9.7)	1868 (11.3)	2051 (17.0)	2169 (21.9)
All individuals 1 and over	1274 (9.0)	1352 (8.1)	1489 (6.7)	1654 (6.8)	1835 (9.7)	2012 (14.2)	2125 (17.9)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

Discretionary salt use at the table not included. Post-processing salt adjustment omitted for 2007-2008.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Cholesterol (mg/1000 kcal/day)

Cholesterol (mg/1000 kcal/day): Percentiles and standard errors of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Percentile of Usual Intake (SE): 5th	Percentile of Usual Intake (SE): 10th	Percentile of Usual Intake (SE): 25th	Percentile of Usual Intake (SE): 50th	Percentile of Usual Intake (SE): 75th	Percentile of Usual Intake (SE): 90th	Percentile of Usual Intake (SE): 95th
Males: 1-3	60 (5.3)	69 (5.1)	88 (4.3)	113 (3.8)	144 (8.0)	177 (17.3)	200 (24.9)
Males: 4-8	70 (4.7)	76 (4.5)	89 (4.0)	106 (3.8)	125 (5.0)	146 (7.7)	160 (9.9)
Males: 9-13	61 (5.7)	70 (5.1)	86 (3.9)	108 (4.1)	135 (8.2)	165 (14.7)	186 (19.8)
Males: 14-18	88 (17.3)	94 (14.2)	104 (8.5)	117 (3.8)	131 (9.9)	144 (19.0)	153 (25.1)
Males: 19-30	78 (4.8)	87 (4.3)	104 (3.4)	126 (3.3)	152 (5.7)	180 (9.7)	199 (12.9)
Males: 31-50	84 (5.1)	93 (4.7)	112 (3.9)	136 (3.0)	165 (4.2)	196 (7.5)	216 (10.5)
Males: 19-50	82 (3.8)	91 (3.5)	109 (2.8)	132 (2.3)	159 (3.2)	189 (5.7)	209 (7.8)
Males: 51-70	74 (4.1)	86 (4.0)	108 (3.7)	138 (3.3)	175 (3.9)	214 (6.1)	241 (7.9)
Males: 71 and over	67 (7.5)	79 (7.2)	105 (6.4)	142 (5.3)	191 (8.4)	249 (16.7)	292 (23.8)
Males: 50 and over	72 (3.6)	84 (3.3)	107 (3.0)	139 (2.5)	178 (3.1)	221 (5.3)	251 (7.2)
Males: 19 and over	77 (2.0)	88 (1.8)	108 (1.5)	134 (1.6)	167 (2.7)	202 (4.6)	225 (6.1)
Females: 1-3	67 (6.0)	76 (5.5)	94 (4.3)	118 (3.4)	150 (4.9)	184 (8.6)	209 (12.0)
Females: 4-8	93 (15.0)	96 (12.5)	101 (8.1)	107 (3.5)	114 (5.6)	121 (11.6)	125 (15.7)
Females: 9-13	61 (4.3)	69 (4.0)	86 (3.2)	108 (3.6)	136 (6.9)	167 (12.1)	188 (16.8)
Females: 14-18	74 (8.0)	80 (6.9)	93 (4.8)	110 (3.3)	128 (5.4)	147 (9.4)	159 (12.4)
Females: 19-30	54 (13.5)	64 (12.6)	84 (9.6)	113 (5.0)	150 (9.3)	192 (23.2)	222 (34.6)
Females: 31-50	77 (6.3)	86 (5.6)	103 (4.1)	126 (2.6)	153 (4.7)	182 (9.4)	201 (13.2)
Females: 19-50	66 (8.1)	76 (7.4)	95 (5.6)	121 (3.2)	154 (5.8)	189 (12.6)	213 (18.2)
Females: 51-70	70 (4.2)	80 (4.0)	100 (3.8)	128 (4.2)	162 (6.2)	199 (9.8)	225 (12.9)
Females: 71 and over	77 (5.4)	86 (4.9)	103 (3.6)	125 (2.6)	151 (4.6)	178 (8.7)	196 (11.8)
Females: 50 and over	71 (3.4)	81 (3.2)	101 (3.0)	127 (3.2)	158 (4.7)	193 (7.4)	217 (9.8)
Females: 19 and over	68 (5.1)	78 (4.7)	97 (3.7)	123 (2.6)	155 (4.2)	190 (8.4)	214 (11.9)
All individuals 1 and over	70 (2.6)	80 (2.3)	99 (1.8)	124 (1.4)	155 (2.4)	189 (4.5)	212 (6.2)

NOTES: Usual intake distribution estimated using the National Cancer Institute Method.

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